

# Second Dinner Bell

*From  
The  
Brushies*

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# **SECOND DINNER BELL**

**---from the Brushies**

**Volume 2 in the collection of mountain recipes**

## **OFFICIAL COOKBOOK of the BRUSHY MOUNTAIN APPLE FESTIVAL**

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“We who are older  
recollect...”



Hill





# “We who are older recollect....”

First-hand pioneer recollections are almost gone, but our staff set out to find if any of the old memories and old food ways are still alive. We talked to the descendants of the first farmers on the Brushies and the stories were much alike from family to family. Food practices are much like those of the Appalachians across the Yadkin River.

We turned up little that was new, but we did find that many of the old food ways are still being used daily. The diet that produced the hardy families of the past (cornbread, fresh vegetables, molasses and wild game) must have counter-acted the heavy use of pork, the long boiling of vegetables and the frying of just about everything.

It seems, looking back, that our mountain folks were surprisingly quick to change over to new ideas when they were introduced. The road that brought the changes -- unpaved until 1949 -- also brought the County Agent, the Home Demonstration Agent, and the Granges. More trips down the mountain meant the advent of mixes and fast foods. Rural electrification in the 1930's brought a change-over in many instances from woodstoves to electric, and the Extension services brought new seeds and new foods.

The words of our friends on the mountain the story.

## MANDY PARKER

(Mrs. Parker was a Tedder. Her mother was a Hayes; thus Mandy Parker represents three of the oldest farm families on the Brushies)

When Mandy Parker cooks she is enacting the things her mother taught her. She remembers clearly her mother's ways in the kitchen, "But my pickled beans are just not as good. I make them the same, but the difference is in the bean. We used to use the big beans (Kentucky Wonders) that grew on the corn but people don't plant them nowadays."

"And molasses! I never find molasses like we used to make. They don't get them as thick and some are darker. (The kind of land the cane grows on makes the color.) It's a day's work to make molasses. The



MANDY PARKER





mule turns the grinder and then the cane juices are strained through a hemp sack over a barrel. Then the juice is strained again with a finer cloth into the broiler. It takes a right smart while to boil down 25 or 30 gallons of juice and a lot of hard work stirring and skimming."

There is another almost lost art that Mandy remembers well. If need be, she can still dress and cook the mud turtles found in Brushy Mountain creeks. "They make a large plate of meat -- a lot like chicken. After you cut off the tough skin from the bottom, the turtle is cut right in the shell. First the head is cut off. They take a long time to die -- the meat still wiggles in the pan. The four legs, neck and breast are the pieces used. You parboil them first and then bake them."

Persimmon pudding made from the fruit of a hundred-year-old tree is one of Mandy's favorites. She shared with us a recipe which Joyce Estep uses. It's a Parker family favorite.

### PERSIMMON PUDDING

2 cups sweet potato (raw, grated)	1 cup melted butter
2 cups persimmons (sieved)	2 eggs
2 cups sweet milk	2 cups flour
2 cups white sugar	Coconut for topping
	Optional: raisins, nuts

Mix persimmons, potatoes, sugar and milk. Add flour slowly, stirring after each addition until smooth. Stir in butter. Bake at 350 degrees until firm -- about 1 and  $\frac{1}{4}$  hours. Sprinkle on coconut topping.

Mandy Parker and Joyce Estep

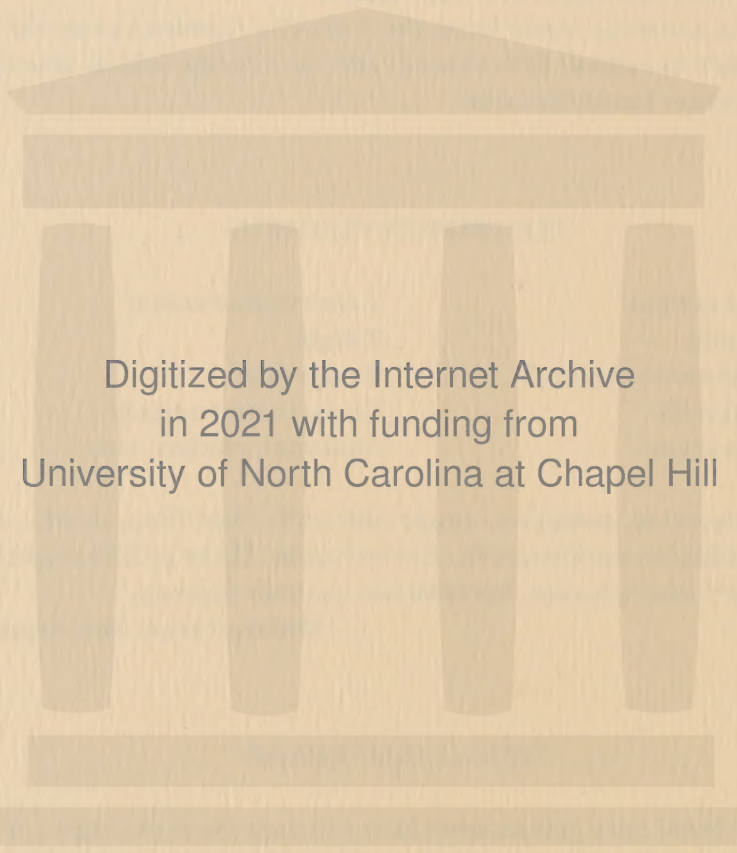
### "NEW CORN" BREAD

Pick your fresh corn just as soon as it reaches the firm stage and before it gets hard and dry. Then grate from the cob on a coarse grate. There will be "milk" in the corn -- don't drain it.

1 cup grated corn	1 beaten egg
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup sweet milk
1 teaspoon baking powder	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	

Sift together the dry ingredients. Combine with milk and egg, then stir into grated corn; add melted butter and mix. Pour into well-greased pan and bake at 425 degrees until browned.

Mandy Parker



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## STELLA COSTNER

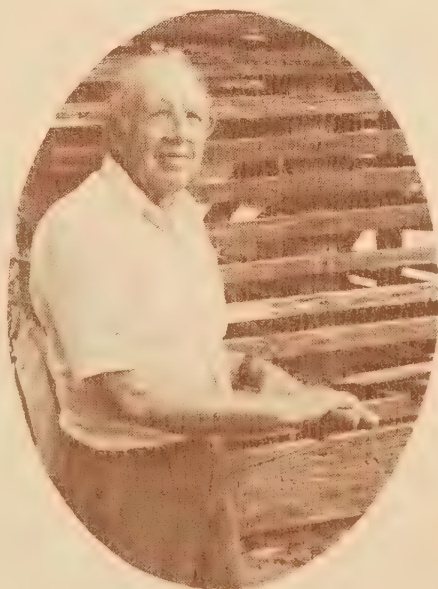
(Stella Costner was a Hayes, and the Hayes family was among the first on the mountain). Stella's father was a farmer on a very self-sufficient farm. Before tobacco crops were grown there, he raised turkeys for a cash crop "for buying shoes," as Stella remembers.

There were three fifty-gallon barrels in the Hayes cellar, filled each summer with sauerkraut and pickled corn. The children ate the corn on the cob for snacks but for a meal the kernels were cut off and warmed in a skillet with pan drippings. The kraut was also heated in a skillet with pan drippings, and served with fresh pork.

"Mama's green beans were different. They were cooked with fatback for a long time (like all good Southern beans), but Mama cooked them whole. Then she'd take a knife and whack the cooked beans up and she'd have the strings on her knife."



STELLA COSTNER



JUNIOR COSTNER

The Hayes', like other mountain families, made their own lye from wood ashes and water dripped through a "lye hopper." This was used in making hominy and in making the jell-like soft soap, which they stored in an earthen jar and used in the kitchen and laundry.

Stella has a tip for singeing a chicken that has been plucked. "Alcohol in a saucer is better than lighting a taper," she says. "Tapers are messy, and the alcohol burns and is gone."

Stella is a good example of the way the present-day cook has evolved in the Brushies. She remembers the old and still uses some of it, but





when the Home Demonstration Club brought in new and better ways, she adopted them. However, like all of us, she remembers "Mama's" ways as the very best.

### HOMINY

"We who are old recollect the ash hopper filled with wood ashes. When water was poured on the ashes you got strong lye, which was powerful useful. You made lye soap and hominy with it. Hominy was made by soaking dried corn in lye water until the skins peeled off and the corn was ready for boiling. My mother dripped lye one day and made hominy the next day and it took about all day to soak the corn and cook the hominy."

Stella Costner

### JUST PLAIN MUSH

"Bring salted water to boiling and stir in corn meal. Stir with wooden spoon to keep from sticking to pan. Good with milk or eat with red-eyed gravy and eggs for breakfast."

Stella Costner



TOP TO BOTTOM IN PICTURE: BYRD,  
ROSA LEE, AND FLORENCE MOORE.





## THE MOORE FAMILY

Byrd Moore, interviewed here, was a Barnette from the Vashti community on the Southeastern side of the Brushies. She lives near her sisters-in-law and collects Moore family history.

Byrd Moore -- a collector of family history and stories -- can sit in her yard near the site of her husband's homeplace and take us back in time.

It was a cool shady evening and the birds sang almost louder than we talked. Suddenly we were at a wedding of a hundred years ago. "My mama said for weddings they didn't have enough sugar to make cakes for the 'infare'. (Did you ever hear of an "infare"? It's a very old custom of having a feast at the groom's home after the wedding.) Well, they made just one small wedding cake and they didn't cut that. It was just for the bride and groom. Then they made a big molasses cake and baked it in a long pan so you could cut it into strips. They iced the strips with sugar beaten into egg white and stacked it like a little log cabin. The guests ate that (one). One little old lady knew how to make it and she would go from wedding to wedding to (make it). Mama said it was nice! Now there's an idea that's over a hundred years old."

Byrd told us much more -- about the gingerbread men she made as a child: "Good size ones big as the pan." There were no cutters so she had to do her shaping with a knife, but she says, the children were "tickled with it."

She showed us the lye she makes for her hominy and explained how she dips her lye with a bucket instead of a hopper. "I knock a hole in the bottom if it hasn't already got one and lay in straw, then I prop it up on concrete blocks. I put in my wood ashes and pour water over them to fill the bucket. I let it drip and it takes about 20 minutes."

We came home with a frozen bag of hominy, a bag of garden squash, and birds still singing in our ears!

## SWEET POTATO PIE

For sweet potato pie, you grate raw sweet potato right into the bowl of milk until you have as much as you want. Then put in sugar and two beaten eggs and pour it into a pie shell and bake.

Rosa Lee Moore

## PICKLED BEANS

Green beans, strung and broken into pieces

Salt (pickling salt)

Water

Use a five gallon crock. Cook beans till tender, not soft. Cool and put in jar. For each gallon of cold water add a cup of salt. Mix well and pour over beans to cover. Weight beans down so they stay covered with liquid. Let set 8 or 9 days till pickled. Heat and serve.

Rosa Lee Moore





## BYRD MOORE'S "HOW-TO'S"

### LYE SOAP FROM ASHES

You need two five-gallon buckets. Make a hole in the bottom sides of the buckets. Place straw or grass over the hole to keep the ashes from running out. Pour up your wood ashes till you get both buckets full. Pour in water till you get at least two gallons of drip lye from both buckets.

Put the lye water in an iron wash pot. Start it to boiling and pour in some lard or meat skins. Put in as much grease as you want to. The grease will come to the top when it gets cold. Cook the lye water and grease till it gets ropery and begins to thicken. Leave in the pot till morning. Skim off the grease and save it till another time. Dip out the lye soap and put it in a stone (ware) jar. When you're ready to wash, dip a cup or two to wash your clothes. (This soap recipe was used in the 1800's and before.)

### PINE TAR

This is very old. People had to have it to grease wagon axles. You take an old cook pot made of iron. Cut up lots of pieces of pine knots. The richer the pine the better. Cut up pine pieces till the pot is real full.

Now take a flat rock. Make a trench in the rock by hammering it, or beat out the trench with an old piece of iron. Turn the pot of rich pine over the rock. Make some clay dough and fill all around the pot to keep the tar running down the trench. Build a fire on one side of the pot and on around the pot till the tar stops running. You should have a cup of tar. (Those were the good old days!)

### DRIED PUMPKIN

Cut the pumpkin into rings and then peel it. Run the rings on a clean pale of wood. Hang it up somewhere to dry, or put in a dry kiln. Old people hung it overhead in a loft to dry. Then when needed, cover with water and simmer till tender. It will be much darker than frozen.

### DRIED APPLES

Peel and core them like you were going to cook them, and cut in slices. Lay on frame made of screen wire. Dry outside or over a stove.

### SULPHURED APPLES

Peel and core and slice them like you would to dry or eat fresh. Take an iron pot and put a shovel of red-hot coals in it. Take a basket and pour your fruit in it. Put two tablespoons of sulphur in the coals. Set the basket of fruit over the coals and sulphur. Take an old quilt and spread it over the whole thing. Let it stay till the coals go out, which won't be too long. Then take the fruit out and put it in a stone jar. Tie a cloth over it to keep the insects out and set the jar in a cool cellar or in the spring house. When you want a dish of fruit go get it and set it in the air for a while and the sulphur will partly vanish. When there were no fresh apples it tasted pretty good. You just ate it raw. You can do peaches the same way, but I have never eaten any--I have eaten the apples.







ED HENDREN



ZENNA HENDREN

### ED HENDREN

(The Hendren family settled on the mountain about the time of the Revolution).

The keeping of the seed corn was almost a ritual in the Hendren family. Ed tells about his father, Jones Hendren.

"He had what they called 'prolific corn'. When we were shucking we had two cribs -- one for the animals and one for us, a hundred bushels apiece or more. Daddy would go in the field and select the seed corn -- not too big a cob. And then he'd hang it up to dry where the rats and mice couldn't get to it. That would be the seed corn. I remember that good as yesterday. He kept it as long as I can remember. He saved the prettiest corn for seed. He discarded the tip end and of course the defective grains. My daddy would hand shell all the seed corn. Family corn was hand shelled carefully too. It was all big roasten ears and big fields of it.

"Daddy would send some of us to mill with a sack of corn across the horse behind the saddle. We went to the Baity's mill or to Hendren's mill. Yes, we ate lots of corn bread."

Ed found it hard to remember the actual cooking and the foods he ate, except for the favorite -- beef shaved thin and roasted on the coals. Ed and his sister Flossie both remember how good this was when you were "feeling poorly."





## CORN BREAD

2 cups corn meal	1 teaspoon salt
2 teaspoons baking powder	2 cups buttermilk
1 teaspoon baking soda	$\frac{1}{4}$ cup melted fat

Combine dry ingredients and mix well. Add shortening and buttermilk and stir until well mixed. Pour into heated greased iron skillet. Bake at 425 degrees for about 20 minutes, or until brown.

For CRACKLIN' BREAD: Add about a cup of chopped cracklin's before pouring into pan. (And for those of you who may ask -- cracklin's are the pieces of meat and skin remaining after lard has been rendered from pork.)

## MOUNTAIN HOE CAKE

Our great-grandmothers baked these on the blade of a hoe, kept clean and by the hearth for this purpose, but we have to make do with a hot skillet.

Moisten lightly salted corn meal with scalding water. Allow to stand for about an hour, then drop 2-3 teaspoons of this on hot greased skillet. Smooth it out to make cakes  $\frac{1}{2}$  inch thick and let it cook. When one side is brown, turn cake over and brown on other side. Serve very hot with butter, and molasses or honey as you prefer.

## CORN MEAL DUMPLINGS

2 tablespoons pork drippings	$\frac{1}{2}$ teaspoon salt
1 cup corn meal	$1\frac{1}{2}$ cups boiling water

Add drippings and salt to corn meal and stir in hot water to make stiff dough. Pat into dumplings about 2 inches long and  $\frac{1}{2}$  inch thick, and place in boiling soup or stew. Cover and cook slowly for ten minutes. Turn and cook until firm, about 10 minutes more.





## CHARLIE AND CORDIE POOLE

(Preacher Charlie Poole is from an old Brushy Mountain family of Baptist preachers, and his wife Cordie was a Moore)

Everybody hears about how much preachers love chicken, and we asked Charlie Poole how true this is. He answered with an anecdote. Seems he gave a friend a blood transfusion, and "a strange thing happened. He got well and ran all over the mountain eatin' fried chicken!" But Charlie Poole seriously recalls the foods he ate as a child on the mountain: cornbread and milk for supper, stewed dried apples, dried corn, dried sweet potatoes. He remembers cornmeal meal mush cooked thick with butter added. He knows all about gruel -- also eaten on the mountain -- It's like mush but real thin."



CHARLIE POOLE

Fried mush was an old stand-by. "It's sliced when cold and then fried brown in hot grease in a skillet." He remembers how ground meat was dried. It was seasoned first and packed into little bags and hung up in the smoke house to dry. How did it taste? "Well, not like anything else." says Charlie Poole.

And Cordie says, "to tell you the truth, I didn't particularly like it." Then we asked, when she described dried corn. "Did you like it?" "Not particularly."

The Pooles do seem to like rabbit -- "particularly." Charlie points out his rabbit gum in the front yard. He once caught three rabbits in the same gum -- without any bait!

Then Cordie remembered the "fly brush." Paper strips were tied on the end of a long branch and used to shake over the table to scare away the





flies. Flies were few in those days (all the mountain folk say so) and just a couple of shakes cleared the table.

### RABBIT STEW

Take a couple of dressed rabbits and divide them in quarters; flour them and fry in butter, then put them in a stew-pan with some chicken broth. Season with salt and pepper and a sprig of sweet herbs (basil). Cover them close and let them stew till tender; then put the rabbit out in a hot deep dish. Thicken the gravy with flour and butter and pour over the rabbit.



SAM CABE

(Sam Cabe, originally from Waynesville, spent his career days as an ATU man (a "revenooer") here in Wilkes and now he has retired to the Brushies.)

Sam Cabe shares his "tales" about more than one kind of recipe. "You can make likker out of anything -- just takes sugar. I've even seen it made out of oatmeal cookies. Saw a load of cookies bigger than a house. And jaw-breakers -- they had to beat 'em up with a maul! And take molasses -- now molasses is 'mean-like' for likker. It ferments overnight, whereas apple brandy takes ten or fifteen days."

And Sam goes on: "Fried rabbit with white gravy. We threw dressed rabbits in a big barrel with salt to keep. And chip beef gravy with thin red slices shaved from your dried side-of-beef with a drawing knife; mush, just corn meal stirred in boiling water." He remembers breaking up cornbread at night into a bucket of milk and putting it in the spring house to keep 'till breakfast. He says he remembers a feather test for lye to see if it's ready for hominy or soap, "When it eats the feather right off the quill, it's right!"



Sam Cabe still uses his mother's old pots and pans, but like all cooks he takes to the new as well. He uses a crock pot, a pressure cooker, and a microwave oven, and he has some tips for short cuts; fried apple pies made of rolled-out biscuit dough; crock pot apple butter; apples stuffed with butter, cinnamon and sugar, sealed up in pastry dough and cooked in a microwave. "G-o-o-d eating!"

## IRISH BREAD

Brought from Ireland 100 years ago

Sift together:

3 cups plain flour	¼ lb. butter or oleo
2 tablespoons baking powder	1 cup raisins (floured)
Pinch salt	2 eggs beaten
2 tablespoons sugar	1 tablespoon caraway seed
	Milk - enough to make it soft like pancakes (2 cups or so)

Pour into greased & floured pan. Cook at 300 degrees for 45 min. (or brown).

## BAKED POSSUM

Use a dressed, cleaned possum (which has been kept caged and fed clean scraps, corn, etc. for 5 or 6 weeks); soak overnight in salt water to which ½ cup vinegar has been added. Stuff with dressing of:

1 cup bread crumbs	1 teaspoon dried sage
1 tablespoon fat	1 hard-boiled egg
Possum liver	Salt
1 chopped red pepper	Water

Brown onion in fat and add finely-chopped liver. Cook until tender. Add to bread crumbs and remaining ingredients, mixing in enough water to moisten.

Roast at 350 degrees until meat is very tender, basting from time to time with pan drippings. Serve with baked sweet potatoes.

## FRIED FROG LEGS

Frog legs	1 beaten egg
Boiling salted water	Salt and pepper
¼ cup vinegar	Very fine bread crumbs

Skin legs and remove tendons. Scald in boiling salted water and vinegar for 2 minutes. Dry, then season with salt and pepper. Dip in beaten egg and then in crumbs. Fry for three minutes in deep fat; drain; serve on hot plate.





## COUNTRY-FRIED GROUNDHOG

1 young groundhog,  
skinned and cleaned  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon baking soda  
6 tablespoons shortening  
1 tablespoon sugar  
 $\frac{1}{2}$  cup warm water

Soak groundhog in salt water overnight, then cut meat into serving pieces. Combine flour, soda, salt and pepper and rub into meat. Brown in hot fat, then sprinkle with sugar. Add water, cover and simmer for 40 minutes, or until tender. Remove cover last 15 minutes to brown.

## SQUIRREL WITH GRITS

2 squirrels  
Salt pork  
1 quart water

1 large onion  
 $\frac{1}{4}$  cup catsup  
Salt and pepper

Soak cleaned, dressed squirrel in salted water ten or fifteen minutes. Dry with paper towel, cut into serving pieces. Put diced salt pork into hot skillet, add squirrels and cook until brown. Add water and simmer until tender. Add catsup, onion and seasoning and cook 30 minutes longer. Serve with hot grits.

## SYBIL JOINES AND MARY LIZZIE SMITHEY AND MORELS

(Sybil and Mary Lizzie, sisters, represent the Gentle Family, on the north side of the mountain.)

"Dry Land Fish," the morels that grow on the mountain, were, we thought, named by the early mountain families and perhaps known to them in their original homes. But we asked all over the mountain and found that few families ate them, so we went back to the Gentles who introduced us to them.

"Sybil," I asked, "And Mary Lizzie, where did the knowledge of morels come from?"

And Sybil said, "To tell you the truth, I don't know. I don't eat them and I never cook them. Well, I have cooked them before I was married for Charlie and Ed (brothers). They were the only ones of us who ate them then."

Mary Lizzie agreed, "I never eat them and I don't know that I ever heard where they (the knowledge) came from, or if my parents knew."

So we talked of other things such as corn-husking parties, and feeding the threshers. We talked of what the children ate, and Sybil remembers the cool drink her mother made for them long before the days of soda







SYBIL GENTLE JOINES AND  
MARY LIZZIE SMITHEY

pop. "She peeled apples and put the peelings in a crock, and then she poured boiling water over them and let it steep. The juice poured off was sweet and good." (This is much like the "Apple Beer" of the Blue Ridge, where the peelings were dried first and allowed to "work" for two days before the juice was drunk.)

When we left Sybil and Mary Lizzie, Mary Lizzie was still shaking her head and wishing she had "paid attention" to family stories and family names.

But our questions on "Dry Land Fish" led us further. From Don Hayes we learned that his father was a great morel hunter. From Charlie Estep we learned that his mother prepared them. This is the oldest memory we have. The Hayes family arrived on the mountain about the time of the revolution, and they came either from Virginia or Granville County. The Esteps, too, were here in the pioneer days. Could "Dry Land Fish" have come with them?

#### DRY LAND FISH (MORELS)

Serving of Morels (6 or 8)

1 egg

$\frac{1}{2}$  cup cornmeal

$\frac{1}{2}$  cup or more cooking oil

Salt to taste

Slice fresh-picked morels lengthwise and wash thoroughly. Refrigerate in salt water until ready to use. Drain on paper towel. Dip in lightly-beaten egg, roll in meal, and fry in skillet in hot grease. When golden brown remove and drain. Do not overcook. Eat hot with coleslaw or wild greens and hushpuppies.





LILLIE MAE HOOD



EDGAR HOOD

### LILLIE MAE AND EDGAR HOOD

(Lillie Mae was an Anderson from the northern foot of the mountain and Edgar was from Moravian Falls. They have lived on the mountain, where she had relatives, for 50 years.)

"How long have you been on the mountain?", we asked.

"We moved up the hill over 50 years ago when we married. We lived in an old school bus till we found a place. We had a 'swell-bellied' stove with just one little place for a pot on top. Didn't matter--most times we just had one thing to cook anyhow."

And the Hoods begin to remember.

"Cows, pigs, chickens and garden stuff. Canning, pickles, the smokehouse--and ice on top of the pickle barrel in winter. October beans--the best little beans. Then white runner beans come along and we quit saving the old seeds. It use to take ten acres of little bitty old beans to get a bushel. And food tasted better then--it was the cow butter. Ain't nothing no better."

Edgar's childhood as a hired hand starts a new burst of memories. "Some boys could drink five big 'goblers' of milk." He tells of corn shucking, and of 32 wagon loads of corn -- "a mountain of corn with a big jug of likker hid in the middle. Oughter seen the corn fly!" Bartering at the store was the usual way of life. Some walked all day with two buckets of eggs to trade for flour and kerosene. Edgar remembers bananas at





Scroggses store (at Moravian Falls) five cents a piece and do your own gitting and git the biggest one there! Never had oranges.”

“A real recipe? Well, yes,” said Lillie Mae. “There’s one I can remember. Dolly Fletcher give it to me. We didn’t write it down, but I always made the same tea cakes:

1 cup lard	2 teaspoons baking powder
1 egg	Pinch of salt
1 cup sugar	1 teaspoon vanilla
5 tablespoons sweet milk	Flour to make soft dough

Make up like biscuit dough. Roll thin on a cloth and cut out. Really good tea cakes!”

And Edgar remembers: “Tea cakes were kept in a flour sack and hung up high where boys couldn’t get them. You only got one at a meal.”

## SUCKER STEW

Drop live crayfish into hot salted boiling water. When done, drain and add to hot cooked mixed vegetables (potatoes, onions, etc.); heat together for stew.

## MOCK SAUSAGE

Mash leftover cooked blackeyed peas with enough flour to hold together; pat out into cakes and fry in pan drippings.

## FRIED SWEET POTATOES

Mash cooked sweet potatoes with flour. Make out into cakes and fry in pan drippings.

## HONEY

This is a sweet addition to the breakfast table. To keep it, put the honeycomb into a large sheet of good writing paper, paste the edges up so as to form a bag and hang it up in a dry place. Honeycomb may be kept fresh and good for a year by putting it into a covered dish, with a cloth below the lid to make it tight, and setting it in a cool place. Several combs may be placed one above another. Keep them as whole as possible. (Note: mountain sourwood honey doesn’t last long if there are hot biscuits or hoecakes about!)







RISPIE (RIZPAH) MOORE

(Rispie Moore was an Estep from the pioneer mountain family. She, at 93, is the oldest person interviewed.)

We talked with Rispie. She'd been thinking about old times and old cooking. "I had this dream about a big dinner--how if we could all get together and cook on the fire and everybody cook the whole meal the old way and lay the table like they did, with pewter plates and two-pronged forks and nothing except what was old. And we could have corn bread in the skillet and sweet potatoes in the kettle lined with grape leaves and grape leaves over them and a hot lid on top and a fire under." She could



see it all. "I did it once like we used to. I decided to bake in the (dutch) oven and see if I still could. I het my skillet and I het my lid, and I baked a pie. Dorothy (her daughter) remembers."

But Dorothy didn't remember the pie baked in the dutch oven. She did remember about revivals and the big picnic once a year.

"My folks would just bake sweet breads and pies and stuff and pack it up for all the week--chicken, beans and corn, and what we grew. We ate what we grew and we grew all we ate." Rispie continued with more revival tales, of the times when folks walked from as far as Hunting Creek and stayed over. "Everybody quit work for the week and came to church."

We talked on about growing things and saving the seed. And Rispie remembers: "They was putting away cabbage when I found my daddy dead. We lost the old cabbage seed." Nobody's got it on the mountain, unless it's Southers--unless--"

We left Rispie remembering.



MAYHUE AND ALBERT BAITY

MAYHUE BAITY

(Mayhue Baity was a Joines from the Moravian Falls area. Her husband Albert is from an early mountain family.)

"Do you remember the things you ate as a child?", we asked.

"The favorite thing to do was roast fresh pork in front of the fire. We cut





our sticks and waited. Soon as that hog was butchered we were at the fire roasting tenderloin and lean strips over the coals."

And what did your husband like? Well, Albert got the cracklin' half of the "Half and half" cracklin' bread. (Half the pone had cracklin's; half didn't). And his most favorite dish was his mother's chicken and dumplings. "After the chicken was done she lifted it out and put in a whole pound of butter, then the dumplings. Rich!"

Like most people now, the Baitys don't use such foods often, but they still eat an old favorite now and then, like a bowl of cornmeal mush and milk for supper, or a baked apple. "The skin is so good. Crispy and chewy."

Among her family memories Mayhue told us about blackberry mush--not too often heard of--but "Mama made it a lot." She pictured for us the homemade ice cream her mama made for their friends on Sunday afternoons. "Cream and milk from the cow and maybe an egg or two, then a scoop of strawberries or whatever. Caramel ice cream was a favorite. First the skillet was heated very hot and the sugar was put in and stirred till it browned. She used this to flavor the ice cream."

Mayhue remembers and follows each thought with a long and savory, "G-o-o-o-o-d!"

## HOMEMADE SAUSAGE

Put two pounds fresh lean pork through meat grinder with  $\frac{1}{2}$  teaspoon dried sage, a little red pepper,  $\frac{3}{4}$  teaspoon black pepper, and 1 teaspoon salt. Mix well by hand. Form into patties and fry until brown on both sides.

## FRIED GREEN TOMATOES

Select firm tomatoes just about ready to ripen. Wash but do not peel. Slice a scant  $\frac{1}{4}$  inch thick and coat on both sides with flour. Season with pepper, salt and sugar. Place them in a skillet which has hot butter or sausage drippings in it, and fry on both sides until light brown. Serve hot with scrambled or fried eggs, sausage and biscuits.

## CREAM GRAVY

Brown flour in hot skillet which has hot butter in it. When browned nicely, stir in hot water to make a very thick gravy, then thin to desired thickness with milk. Salt and pepper to taste. Serve with hot biscuits or toasted bread.





## BUTTERMILK BISCUITS

2 cups flour	1 teaspoon salt
1 teaspoon baking powder	2 tablespoons shortening
½ teaspoon baking soda	¾ cup buttermilk (about)

Sift dry ingredients together and cut in shortening. Add buttermilk slowly, stirring until dough is soft and moist. Knead lightly. Pat out on floured board about ½ inch thick. Cut and bake at 450 degrees until lightly browned.

## BAKING POWDER BISCUITS

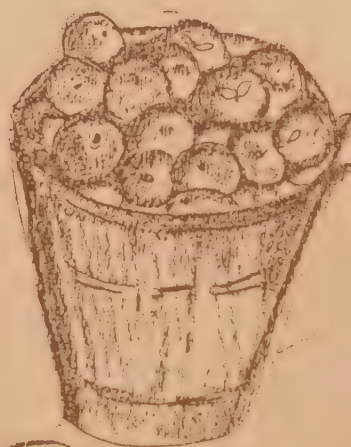
2 cups flour	2 tablespoons shortening
4 teaspoons baking powder	1 cup sweet milk
1 teaspoon salt	

Mix dry ingredients, then cut in shortening. Add milk; dough should be medium soft. Knead on floured board very lightly--just enough to form ball of dough. Pat out ½ inch thick; cut and bake in 450 degree oven until lightly browned.





**Apples - and more  
apples!**







# CAKES

## FESTIVAL CAKE

This recipe won first place in the Brushy Mountain Fire Department Bake-Off!

$\frac{1}{2}$ cup shortening	2 and $\frac{1}{4}$ cups flour
1 cup sugar	1 teaspoon baking soda
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	1 teaspoon baking powder
$\frac{1}{2}$ cup walnuts, chopped	1 teaspoon cinnamon
1 and $\frac{1}{2}$ cups cranberries, chopped	1 teaspoon vanilla

### Topping:

4 medium apples	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon cinnamon	Grated rind of 1 lemon
4 tablespoons melted butter or margarine	

Beat sugar, shortening and eggs together until light and fluffy. Add dry ingredients, which have been sifted together, alternately with milk to which vanilla has been added. Add cranberries and walnuts; beat well. Pour batter into greased 13x9x2-inch pan. Peel apples and slice about  $\frac{1}{4}$  inch thick; arrange in 4 rows on top of batter. Brush melted butter on top, then sprinkle with mixture of sugar, cinnamon and lemon rind. Bake at 350 degrees for 45 to 50 minutes.

Mrs. Clara Sibley

## CIVIL WAR CAKE

3 medium apples, chopped	2 tablespoons shortening
1 cup dates, chopped	1 cup brown sugar
2 cups raisins	1 cup white sugar
2 cups water	

Combine above ingredients. Bring to a boil and boil for 5 minutes. Set aside and cool.

Sift together; add to first ingredients and mix well.

3 cups flour	2 teaspoons soda
1 teaspoon cloves	1 teaspoon cinnamon
1 teaspoon nutmeg.	

Beat in 1 egg; add 1 cup chopped nuts. Bake in loaf or tube pan for 1 hour, or until done, at 350 degrees.

Irene Sharpe Hayes  
20





## APPLE-CRANBERRY CRISP

6 medium apples, diced	1 pound cranberry sauce
$\frac{1}{2}$ cup melted butter	1 cup dark brown sugar
1 cup quick oatmeal	$\frac{1}{2}$ cup chopped pecans

Place apples in greased casserole dish and cover with cranberry sauce. Mix butter, sugar and oatmeal, and spread over top. Sprinkle with chopped pecans and bake at 350 degrees for 30 minutes.

Irene Sharpe Hayes

## APPLESAUCE CHOCOLATE CAKE

$\frac{1}{3}$ cup softened shortening	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 teaspoon allspice
2 eggs	1 cup flour
1 cup applesauce	$\frac{1}{3}$ cup cocoa
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ teaspoon soda
	$\frac{1}{2}$ cup chopped pecans

Cream shortening and sugar together; beat in eggs. Combine dry ingredients and mix well; stir in nuts. Add dry ingredients to creamy mixture; add applesauce and milk. Stir until well blended. Bake in 9-inch square pan at 350 degrees about 45 minutes, or until done. Cool before cutting.

Irene Sharpe Hayes

## DRIED APPLE CAKE

Cook: 8 ounces of dried apples until tender, and cool slightly.  
Add: 2 cups sugar and 1 cup margarine, stir well, cool some more.

Sift together:	4 cups plain flour
	1 teaspoon each cinnamon, allspice, nutmeg
	4 level teaspoons baking soda.
Add:	1 pound seedless raisins
	1 cup black walnuts, chopped

Bake in large greased and floured tube pan at 350 degrees for 1 and  $\frac{1}{2}$  hours. Let cool in oven about 15 minutes before removing, and cool in pan before turning out on plate. Keeps well.

An old recipe from  
cookbook of Mrs. Grace  
Meadows, a resident of  
Pores Knob from 1900-1940



## APPLE ROLL

1 and  $\frac{1}{2}$  cups flour  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup milk

2 teaspoons baking powder  
4 tablespoons shortening

Mix flour, baking powder and salt; cut in shortening with knife. Mixing with knife, slowly add milk. When soft dough forms pat out thin on floured board. Spread with apple filling; roll up like a jelly roll and fit into greased loaf pan. Bake 40 minutes at 375 degrees. Unmold, serve warm, sliced.

Apple filling (mix and spread on dough)

2 cups peeled, thinly-sliced apples       $\frac{2}{3}$  cup brown sugar  
3 tablespoons soft butter                      1 teaspoon cinnamon  
1 tablespoon lemon juice

## APPLESAUCE SPICE CAKE

1 cup shortening  
2 cups sugar  
2 eggs (beaten light)  
1 and  $\frac{1}{2}$  teaspoons baking soda  
2 cups hot applesauce  
(strained and sweetened)

2 and  $\frac{1}{2}$  cups plain flour  
2 teaspoons cinnamon  
1 teaspoon cloves  
2 teaspoons vanilla  
2 cups chopped raisins, dates,  
nuts, mixed

Cream shortening and sugar; add beaten eggs. Mix soda with hot applesauce and add to first ingredients. Add flour and spices, which have been sifted together twice; add vanilla and fruit-nut mixture. Turn into greased and floured tube pan; spread evenly with spatula. Sift white sugar over top and bake in 350 degree oven 45 to 60 minutes. Cool in pan before turning out. This cake freezes well. Will serve 10-12 people.

## APPLE-DAPPLE CAKE

3 eggs  
1 and  $\frac{1}{2}$  cups cooking oil  
2 cups sugar  
2 teaspoons vanilla  
4 cups peeled, chopped apples

3 cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 cup chopped pecans

Cream together eggs, oil and sugar; add dry ingredients which have





been sifted together. Beat well; mix in chopped nuts and apples. Bake at 350 degrees for about 45 minutes in 9x2x13-inch pan. Leave in pan; pour over hot cake:

Topping (boil together 2 and  $\frac{1}{2}$  minutes):

1 cup brown sugar	1 stick butter or margarine
$\frac{1}{4}$ cup milk.	

Let cool in pan. (Some of topping will be absorbed.)

### APPLE-'LASSES CAKE

$\frac{1}{3}$ cup shortening	1 and $\frac{3}{4}$ cups sifted plain flour
$\frac{1}{2}$ cup sugar	1 teaspoon baking soda
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup buttermilk	$\frac{1}{4}$ teaspoon cloves
1 cup apples, peeled and sliced	

Cream shortening and sugar, beat in eggs, one at a time, and molasses. Beat for 1 minute; add dry ingredients, which have been sifted together, alternately with buttermilk, beginning and ending with dry ingredients. Fold in apples. Bake in greased and floured 9x9x2-inch pan in 350 degree oven for 35-45 minutes. Serve warm; top with whipped cream.

### APPLE-MAPLE UPSIDE-DOWN CAKE

3 tablespoons butter	$\frac{1}{4}$ cup shortening
$\frac{1}{2}$ cup maple syrup	$\frac{3}{4}$ cups sugar
2 medium apples	2 eggs, separated
1 and $\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup milk
2 teaspoons baking powder	$\frac{1}{2}$ cup grated apple
$\frac{1}{4}$ teaspoons salt	

Melt butter in 8x8x2-inch pan; add maple syrup and remove from heat. Cut cored, unpeeled apples into  $\frac{1}{2}$ -inch slices and arrange on syrup mixture. Sift flour, baking powder and salt together. Beat shortening with  $\frac{1}{2}$  cup sugar and unbeaten egg yolks until fluffy. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Add apple. Beat egg whites until stiff but not dry; beat in remaining sugar and fold into batter. Spread batter over the apple-syrup mixture and bake in moderate over-350 degrees- 40-50 minutes. Serve warm with plain or whipped cream.



## APPLE UPSIDE-DOWN CAKE

¼ cup butter	3 teaspoons baking powder
1 cup brown sugar	⅓ cup shortening
2 large baking apples	⅓ cup sugar
½ cup seedless raisins	2 eggs, well-beaten
1 and ½ cups sifted cake flour	½ teaspoon vanilla
½ teaspoon salt	⅔ cup water

Melt butter in 9-inch cake pan. Add brown sugar and stir until melted. Cool. Peel, core and slice apples; place on sugar-butter mixture. Sprinkle with raisins. Sift flour, salt and baking powder together. Cream shortening with sugar until fluffy; add eggs and vanilla and beat thoroughly. Add sifted dry ingredients and water alternately, beating well after each addition. Pour over apples and bake at 350 degrees for 40-50 minutes. Serve warm with whipped cream.

## APPLE-APRICOT RING

⅔ cups boiling water	Milk
1 cup chopped, dried apricots	½ cup shortening
2 cups sifted plain flour	¾ cup sugar
2 and ½ teaspoons baking powder	1 egg, beaten
¼ teaspoon baking soda	1 cup diced, unpeeled apples
½ teaspoon salt	⅓ cup chopped pecans
½ teaspoon cinnamon	Whole pecan halves

Plump apricots in boiling water; drain, reserve liquid and add milk to make ⅔ cup liquid. Cream shortening and sugar; beat in eggs; Add dry ingredients, which have been sifted together, alternately with liquid; beating thoroughly after each addition. Fold in apricots, apples and chopped nuts. Spoon into greased 9-inch ring mold; decorate with pecan halves. Bake in 350 degree oven 30-35 minutes.

## BRUSHY MOUNTAIN APPLE CAKE

4 cups flour	4 eggs
½ teaspoon salt	2 cups sugar
1 heaping teaspoon soda	1 and ½ cups cooking oil
2 teaspoons cinnamon	1 cup chopped pecans
2 teaspoons allspice	8-10 cups chopped apples
2 teaspoons nutmeg	3 tablespoons vanilla
2 tablespoons ground cloves	

Sift together all dry ingredients. Blend eggs, sugar, vanilla and oil. Add the sifted dry ingredients. Batter will be very stiff. Stir in the apples and pecans. Pour into a greased and floured large tube pan and bake for 1 and ½ hours at 325 degrees. Let cake cook on rake and remove from pan. Cover to keep moist. This cake freezes well.





# PIES

## APPLE CUSTARD

(Old-time cooks referred to any pie without a top crust as a custard pie--whether or not it had an egg-custard filling. This is such a pie.)

Line a 9-inch pie plate with pastry. Fill with sliced peeled-or-unpeeled apples. Sprinkle with  $\frac{1}{2}$  cup sugar to which 1 teaspoon cinnamon has been added. Dot with butter. Sprinkle with water. Bake at 400 degrees for about 35 minutes. Delicious served with ice cream, or plain, as is.

Stella Costner

## GRANDMA'S TWO-CRUST APPLE PIE

Pastry for 2 nine-inch pie crusts  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
2 tablespoons butter

1 cup sugar  
6 or 7 cups peeled,  
sliced apples

Line 9-inch pie pan with pastry. Mix sugar and cinnamon. Add to apples and mix well. Heap in lined pan. Dot with butter. Cover with top crust and cut slits for steam to escape. Seal and flute edges. Bake in preheated 425 degree oven for 45 minutes, or until crust is browned and apples are cooked through.

Irene Sharpe Hayes

Note: Spices may be omitted if you're using tasty, fresh apples such as early transparents.

## APPLE MACAROON PIE

4 cups sliced apples  
1 tablespoon flour  
1 teaspoon salt

$\frac{1}{2}$  cup sugar  
1 tablespoon butter  
Pastry for 9-inch pie

Line pie pan with pastry; put apples in crust. Combine sugar, flour and salt; sprinkle over apples and dot with butter. Bake at 350 degrees for 20 minutes. Add Topping:

1 cup sugar  
1 cup grated coconut

$\frac{1}{4}$  cup milk  
1 beaten egg

Combine all topping ingredients and sprinkle over hot pie. Bake 30 minutes longer.

Joyce Estep  
25



## CORNY APPLE PIE

### CRUST:

$\frac{1}{2}$  cup corn meal  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{3}$  cup shortening  
2 and  $\frac{1}{2}$  teaspoons ice water

### FILLING:

5 tart apples, peeled and  
thinly sliced  
2 tablespoons lemon juice

### TOPPING:

$\frac{1}{2}$  cup corn meal  
 $\frac{1}{4}$  cup flour  
 $\frac{3}{4}$ -1 cup brown sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon salt  
1 stick butter

Make crust and fit into deep pie plate. Mix apples and lemon juice. Cut butter into dry ingredients for topping. Put layers of apples and topping alternately until all are used, ending with the topping. Bake in 375 degree oven for 40 minutes. Serve with wedge of sharp cheddar cheese.

Marjorie Wiggins

## BAKED-IN-BAG APPLE PIE

Pastry for 2-crust 9-inch pie  
 $\frac{3}{4}$  cup (packed) dark brown  
sugar  
 $\frac{1}{4}$  teaspoon nutmeg  
Pinch of salt

7 cups sliced, peeled, tart apples  
2 teaspoons vanilla  
1 teaspoon lemon juice  
2 tablespoons butter  
Large brown-paper grocery bag

Combine sugar, flour, nutmeg and salt; add apples and mix gently. Stir in vanilla and lemon juice. Pour into pan lined with bottom crust; dot with butter. Place top pastry over pie; seal and flute edges; make slits in top for stem to escape. Place pie in brown paper bag; fold end over twice to seal. Bake in pre-heated 425-degree oven 1 hour and 15 minutes. Split bag open and remove pie to cool. Serve warm, plain, or with cheddar cheese, whipped cream, or ice cream.

## TART n' SAUCY APPLE PIE

Pastry for 2-crust 9-inch pie  
 $\frac{2}{3}$  cup brown sugar  
 $\frac{1}{3}$  cup white sugar  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
6 tablespoons flour  
2 teaspoons lemon juice

15-ounce can applesauce  
(2 cups)  
4 cups sliced, tart apples  
(or 1 lb. 2 oz. can)  
3 tablespoons butter  
1 teaspoon grated lemon rind

Combine ingredients (except butter), mix well, and pour into 9-inch pan lined with bottom crust; dot top of filling with butter. Top with other half of pastry; seal and flute edges; cut slits in top crust for escape of steam. Bake in a 400-degree oven for 40-50 minutes.





## CRUMB-TOPPED APPLE PIE

Pastry for one-crust 9-inch pie

### FILLING:

$\frac{3}{4}$  cup sugar  
1 teaspoon cinnamon or nutmeg  
6-7 cups sliced apples  
1 and  $\frac{1}{2}$  teaspoons butter

### TOPPING:

$\frac{1}{2}$  cup margarine  
 $\frac{1}{2}$  cup brown sugar (packed)  
1 cup plain flour

Heat oven to 425 degrees. Mix sugar and cinnamon into apples. Heap up in pastry-lined pan; dot with butter. Mix ingredients for crumb topping and sprinkle over top of apples. Bake for 50-60 minutes. Serve warm with cream or ice cream.

## DEEP-DISH APPLE CHERRY PIE

Pastry for two-crust 10-inch pie

4 cups peeled, sliced tart apples  
2 cups pitted sour cherries  
(or one 16-ounce can)  
1 cup sugar  
3 tablespoons quick-cooking  
tapioca

2 tablespoons butter  
Milk  
2 teaspoons sugar  
 $\frac{1}{8}$  teaspoon cinnamon

In large bowl combine 1 cup sugar and tapioca; add undrained cherries and the apples, toss lightly. Let stand twenty minutes, stirring occasionally.

Roll out half the pastry and ease into an 8x1 and  $\frac{1}{2}$  baking dish, and trim to  $\frac{1}{2}$  inch beyond rim.

Spoon filling into pastry and dot with butter. Top with remaining pastry; seal and flute edges; cut slits into top to allow steam to escape. Brush top with milk. Sprinkle the combined 2 teaspoons sugar and the cinnamon over top. Cover edge with foil to prevent overbrowning; bake at 375 degrees about 60 minutes or until golden. Remove foil after half of baking time. Serves 8-10.



## APPLE CUSTARD PIE

(This is a custard pie that does have an egg custard base)

Pastry for one 9-inch pie	1 egg, beaten
4 tablespoons flour	1 and ½ cups evaporated milk
1 cup sugar	¼ teaspoon nutmeg
5 tart apples, pared and cut in halves	½ teaspoon cinnamon

Line pie pan with pastry, sprinkle 2 tablespoons flour and ¼ cup sugar over bottom. Arrange apples cut side up in pastry shell. Combine egg and milk and pour over apples. Combine remaining flour and sugar with spices, and sprinkle over top. Bake in 450-degree oven for 10 minutes; reduce temperature to 325 degrees and bake 30 minutes longer, until apples are tender and custard is firm.

## APPLE CREAM PIE

Pastry for one-crust 9-inch pie	
2 cups applesauce	1 tablespoon lemon juice
2 eggs, separated	4 tablespoons sugar
1 cup sugar	¼ cup whipping cream

Beat together the applesauce, yolks of eggs, sugar, cream, and lemon juice. Turn into pan lined with pastry and bake in 350-degree oven until set. Cover with meringue made of whites of eggs beaten with the 4 tablespoons sugar. Place in 200-degree oven until meringue is set, or a light brown. A whipped-cream topping may be used instead of meringue, if desired.

## APPLE-SOUR CREAM PIE

Pastry for 9-inch pie	Add:
Sift together:	1 egg, unbeaten
2 tablespoons flour	1 cup sour cream
⅛ teaspoon salt	1 teaspoon vanilla
¾ cup sugar	¼ teaspoon nutmeg

Beat into a smooth batter, then stir in 2 and ¼ cups diced, peeled apples. Pour into pastry-lined pan and bake at 400 degrees for 15 minutes, then at 350 degrees for 30 minutes. Remove from oven and top with:

⅓ cup sugar	⅓ cup flour
1 tablespoon cinnamon	¼ cup margarine

Mix well and sprinkle on pie. Bake at 400 degrees for 10 minutes.

Clara Sibley





## ROSY APPLESAUCE PIE

1 9-inch pastry shell, baked	1 3-ounce package
3 cups sweetened applesauce	strawberry gelatin
1 tablespoon lemon juice	

Heat 1 cup applesauce and dissolve gelatin into it. Cool slightly. Add remaining 2 cups applesauce and lemon juice. Cool. Pour into pastry shell and chill until set. Serve with whipped cream or topping.

## CONFEDERATE APPLE PIE (A Southern Specialty)

Pastry for single-crust 9-inch pie	$\frac{1}{2}$ cup chopped pecans
4 cups sliced, peeled apples	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{2}$ cup sugar	
1 teaspoon cinnamon	
Water	

Fill pastry-lined pan with apples sprinkled with sugar and cinnamon mixture; sprinkle with water; top with nuts and raisins. Bake at 400 degrees for 30-40 minutes or until apples are tender.

## CRAN-APPLE PIE

Pastry for two-crust 9-inch pie	$\frac{3}{4}$ cup sugar
4 cups sliced peeled apples	1 tablespoon orange juice
2 tablespoons flour	1 cup chopped cranberries
$\frac{1}{4}$ teaspoon salt	

Combine apples, flour, salt, sugar, orange juice and cranberries and turn mixture into pastry lined pan. Cover with slashed top crust, flute sealed edged; bake at 400 degrees for 30-40 minutes, or until apples are tender.

## APPLE-NUT CHIFFON PIE

1 BAKED 9-in pastry shell	2 egg whites
1 tablespoon unflavored gelatin	2 tablespoons sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup chopped pecans
1 and $\frac{1}{4}$ cups applesauce	
$\frac{1}{8}$ teaspoon nutmeg	

Soften gelatin in water 5 minutes. Heat applesauce and nutmeg; add gelatin and stir until dissolved. Chill until mixture starts to thicken. Beat egg whites until stiff, add sugar and beat to a stiff meringue. Fold into applesauce mixture and add nuts. Pour into pastry shell and chill until firm.



## APPLESAUCE TORTE

24 graham crackers, crushed	1 cup sweetened condensed milk
¼ pound margarine, melted	(not evaporated)
3 pounds apples	3 tablespoons lemon juice
6 eggs, separated	1 tablespoon grated lemon rind

Mix crumbs and butter. Line greased torte pan with half of mixture. Peel apples, slice and cook with a little water to a thick sauce. Mash. Add beaten egg yolks, milk, lemon juice and rind and mix well. Fold in stiffly beaten egg whites. Pour into crumb-lined pan, cover with remaining crumbs and bake at 350 degrees until firm and lightly browned -- about 45-60 minutes. Cool. Serve with whipped cream. Will serve 8-10.

## APPLE ICE-BOX PIE

### CRUST:

2 cups graham cracker crumbs
½ cup melted butter or margarine
¼ cup sugar

### FILLING:

3 egg yolks, well beaten	⅓ cup lemon juice
1 (15 ounce) can sweetened condensed milk	1 tablespoon grated lemon rind
1 cup thick applesauce	3 egg whites, beaten stiff

Mix together crumbs, butter and sugar; reserve ½ cup mixture. Press remaining crumbs in bottom and on sides of 8x12-inch pan.

Combine yolks, milk, applesauce, lemon juice and rind; fold in beaten egg whites. Pour into crumb crust and top with reserved crumbs. Chill at least 4 hours or overnight. Serve with whipped cream or topping.

## GRANNY'S APPLE DUMPLINGS

### PASTRY:

2 cups sifted plain flour	½ cup shortening
2 teaspoons baking powder	⅔ cup milk
½ teaspoon salt	

### FILLING:

6 good-sized tart apples, peeled and cored
⅓ cup sugar
Cinnamon sticks
Butter





Sift together flour, baking powder and salt; cut in shortening; stir in milk and mix into soft dough. Turn out and knead lightly; cut into 6 squares.

Place one apple on each square. Put about one inch of cinnamon stick into center of each apple; fill remainder of cavity with sugar and butter.

Moisten edges of dough; press corners up over apples and seal; brush with milk. Bake in greased pan for 30 minutes in 350 degree oven. Serve with Nutmeg Sauce while still warm.

#### Nutmeg Sauce

Mix together in saucepan 1 cup sugar and 2 tablespoons cornstarch. Stir in gradually 2 cups of boiling water. Boil for 1 minute, stirring constantly. Stir in 4 tablespoons butter, 2 teaspoons lemon juice, and 2 teaspoons grated nutmeg. Keep warm until time to serve.

NOTE: If you like, you may bake your apple dumplings in already prepared puff pastry -- it will take 3 sheets. Use ½ sheet for each apple; prepare as above and bake about 25 minutes. Prepared pastry crust may also be used.)

### APPLE COTTAGE PUDDING (NOT low-calorie)

2 eggs, beaten until fluffy  
1 and ¼ cups sugar  
6 tablespoons self-rising  
flour  
Pinch of salt

1 cup chopped, peeled, apples  
1 cup chopped black walnuts  
(pecans may be used, also)  
1 teaspoon vanilla

Add sugar, flour and salt to beaten eggs and beat smooth. Add apples, nuts and vanilla and mix well. Bake in greased 8-inch square pan at 375 degrees for about 35 minuts. Serve slightly warm, cut into squares -- this will be crinkly and crisp on top and slightly chewy underneath. Good topped with vanilla ice cream or whipped cream.



# COOKIES

## APPLE-BRAN COOKIES

1 cup 40% bran flakes  
½ cup wheat germ  
½ cup powdered milk  
½ teaspoon baking powder  
2 tablespoons cooking oil  
½ cup chopped nuts

2 eggs, beaten  
½ cup packed, brown sugar  
½ cup peeled, chopped apples  
2 teaspoons vanilla  
1 tablespoon molasses

Combine dry ingredients. Add eggs, sugar, apples, oil, molasses and vanilla; mix well. Stir in nuts. Pour into a greased 9x9 baking dish and bake at 350 degrees for 30-40 minutes. Cool before cutting into bars.

## APPLE FILLS

1 cup diced unpeeled apples  
¼ cup raisins  
¼ cup chopped pecans  
½ cup white sugar  
1 cup brown sugar  
1 cup margarine  
2 eggs

2 cups sifted plain flour  
2 teaspoons baking powder  
1 teaspoon cinnamon  
½ teaspoon each salt and cloves  
½ cup milk  
2 cups quick-cooking oats

In saucepan, combine apples, nuts, raisins, white sugar, and 2 tablespoons water. Cook and stir until apples are tender and mixture thickens -- about 10 minutes. Cream butter and brown sugar until fluffy, then add eggs, one at a time and beating well after each addition. Add dry ingredients, which have been sifted together, alternately with milk. Stir in oats.

Reserve ¼ cup dough. Drop remainder from teaspoon onto greased cookie sheet; make depression in centers; top with apple filling and dab of reserved dough. Bake at 375 degrees for 10-12 minutes. Makes about 36 cookies.





## APPLESAUCE SPICE DROPS

1 and  $\frac{3}{4}$  cups plain flour  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon nutmeg  
1 cup sugar  
1 teaspoon baking soda

$\frac{1}{2}$  cup shortening  
1 cup applesauce  
1 egg  
1 cup seedless raisins  
 $\frac{1}{2}$  cup quick-cooking oats

Cream sugar and shortening until fluffy; add egg and beat well. Add mixed dry ingredients alternately with applesauce, beating well after each addition. Stir in raisins and oats. Drop by teaspoonfuls on greased cookie sheet about 2 inches apart. Bake for 10-15 minutes at 375 degrees.

## APPLE-RAISIN DROPS

2 and  $\frac{3}{4}$  cups cake flour  
1 teaspoon salt  
2 teaspoons baking powder  
2 cups brown sugar  
1 cup shortening  
1 egg

1 and  $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  cup undiluted evaporated milk  
 $\frac{1}{4}$  cup orange juice  
2 large apples, peeled and chopped  
1 cup seedless raisins, chopped  
1 tablespoon grated orange rind

Cream shortening with sugar; add vanilla and egg and beat well. Add dry ingredients, which have been sifted together, alternately with the combined milk and orange juice. Fold mixed apples, raisins and orange peel into mixture. Drop by  $\frac{1}{2}$  teaspoon onto greased cookie sheet and bake in 375 degree oven for 10-12 minutes. This makes 10-12 dozen small cookies which keep well in covered cookie jar.

## CARAMEL BAKED APPLES

6 cooking apples  
 $\frac{1}{3}$  cup light cream, or  
undiluted evaporated milk

$\frac{1}{3}$  cup dark corn syrup  
 $\frac{1}{3}$  cup chopped nuts

Wash and core apples; place in greased shallow baking dish. Use cream, syrup and nuts which have been mixed together, to fill centers of apples. Bake until tender in a 350-degree oven. Top with:

### SAUCE:

Combine 1 cup light cream (or undiluted evaporated milk),  $\frac{1}{3}$  cup dark corn syrup, 2 tablespoons butter or margarine, and 1 teaspoon vanilla and cook over medium low heat until thickened.



## BAKED APPLES

Cooking apples, number as needed

2 tablespoons brown sugar for each apple

1 teaspoon butter or margarine for each apple nutmeg if desired, or cinnamon

Place cored, unpeeled apples in greased shallow baking dish. Fill centers with brown sugar and butter, with spices if desired. Put about  $\frac{1}{4}$  cup water in baking dish. Bake in 350 degree oven until tender. When serving, spoon juice from bottom of pan over apples.

## BAKED APPLES WITH CRANBERRIES

4 apples

1 and  $\frac{1}{2}$  cups whole cranberry sauce

4 tablespoons sugar.

Core apples and place in greased baking dish. Fill centers with cranberry sauce and pour any remaining sauce around apples. Sprinkle sugar over tops and bake in moderate oven (350 degrees) until apples are tender -- about 30-40 minutes, basting frequently with sauce.

# BREADS, MUFFINS AND GRIDDLE CAKES

## APPLESAUCE-WALNUT BREAD

(A yeast bread)

6 cups unsifted flour (about)

1 cup whole bran cereal

1 cup brown sugar, packed

$\frac{1}{2}$  teaspoon salt

1 teaspoon baking soda

1 teaspoon cinnamon

1 cup chopped black walnuts

2 packages dry yeast

$\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup water

$\frac{1}{3}$  cup margarine

1 cup applesauce (room temperature)

2 eggs (room temperature)

Mix one cup flour, cereal, sugar, salt, soda, cinnamon and dry yeast. Heat milk, water, and margarine to 120° (until margarine melts), add to dry ingredients. Beat two minutes at medium speed. Add applesauce, eggs and 1 cup flour. Beat two minutes. Stir in walnuts and enough flour to make a soft dough that is easy to knead, and knead for 5 minutes. Cover and let rise in warm place until doubled, about 1 hour. Punch down and let rise again. Divide dough equally between two 1 and  $\frac{1}{2}$ -quart casseroles that have been well-greased. Let rise till double in bulk -- about 1 hour. Bake at 350 degrees for 25 minutes or until done.

Clara Sibley





## FRESH APPLE LOAF

(Baking-powder bread)

2 cups sifted plain flour	1 egg
1 teaspoon baking powder	$\frac{1}{3}$ cup orange juice
$\frac{1}{2}$ teaspoon baking soda	$\frac{3}{4}$ cup chopped raisins
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{3}$ cup shortening	1 cup finely-chopped apples
1 cup sugar	1 tablespoon grated orange rind

Cream shortening and sugar until fluffy; add egg and beat thoroughly. Add dry ingredients, which have been sifted together, alternately with orange juice, beating well after each addition. Mix raisins, nuts, apples and orange rind and mix into dough. Pour into three greased No. 2 tin cans and bake at 350 degrees for 45 minutes.

## APPLE NUT BREAD

(Another quick bread)

$\frac{1}{2}$ cup margarine	2 cups sifted plain flour
1 cup sugar	1 teaspoon baking powder
2 eggs	1 teaspoon baking soda
1 teaspoon vanilla	$\frac{1}{2}$ teaspoon salt
1 and $\frac{1}{2}$ tablespoons sour cream	1 cup chopped black walnuts
	1 cup chopped, unpeeled apples

Cream margarine and sugar; add eggs one at a time, beating well after each addition. Mix in vanilla and sour cream. Sift dry ingredients and stir in nuts; add to first mixture and blend. Stir in apples and pour into greased 9x5x3 pan or 2 small loaf pans. Bake at 325 degrees for about 1 hour.

## APPLE NUT MUFFINS

2 cups sifted plain flour	1 medium apple, peeled, diced
1 and $\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ cup chopped black walnuts
1 and $\frac{1}{2}$ teaspoon salt	1 cup sour cream
1 teaspoon cinnamon	1 egg, lightly beaten
$\frac{1}{3}$ cup plus 4 tablespoons sugar	$\frac{1}{2}$ cup milk

Sift together flour, baking powder, salt and  $\frac{1}{3}$  cup sugar; stir in apple and walnuts. Add  $\frac{1}{4}$  cup of the sour cream which has been mixed with the egg and milk, and stir until just moistened. Spoon into greased 2-inch muffin cups, filling to just  $\frac{3}{4}$  full. Drop 1 teaspoon of remaining sour cream into center of each muffin and sprinkle tops with remaining sugar. Bake in 425 degree oven for 15-20 minutes. Makes 12.



## DIET APPLE SQUARES

1 cup finely chopped, peeled apples	¼ cup baking soda
¾ teaspoon cinnamon	1 egg
¼ teaspoon liquid sweetener	1 cup skim milk
2 cups flour	¼ cup corn oil
¼ teaspoon salt	1 teaspoon liquid sweetener
4 teaspoons baking powder	2 tablespoons milk

Combine apples, cinnamon and ¼ teaspoon sweetener and set aside. Sift together dry ingredients. Beat egg, ¼ cup milk, oil, and 1 teaspoon liquid sweetener, and combine with dry ingredients. Fold in apple mixture. Rinse bowl in which apple mixture was prepared with 2 tablespoons milk and add to batter. Pour batter into oiled and floured 9x13 inch pan. Bake at 400 degrees for 20 minutes, or until lightly browned. Cool and cut into squares. (May bake in muffin tins if you desire.)

## APPLESAUCE-OATMEAL BREAD

1 and ½ cups sifted plain flour	⅔ cup brown sugar, packed
1 teaspoon baking soda	2 eggs
1 teaspoon baking powder	⅓ cup margarine, melted
½ teaspoon salt	¾ cup chopped black walnuts
1 teaspoon cinnamon	1 and ½ cups quick oats
½ teaspoon nutmeg	1 cup applesauce

Sift dry ingredients into large mixing bowl; add brown sugar, eggs, margarine, raisins, walnuts, oats and applesauce, and mix (with dough hooks in mixer) at medium speed until thoroughly combined -- about 30 to 45 minutes. Pour into greased 9x5x3 loaf pan and bake for 60 minutes (or until toothpick inserted in center comes out clean) in 350 degree oven. Remove from pan and let cool on wire rack.

## APPLE HOT CAKES

2 cups sifted plain flour	2 cups milk
5 teaspoons baking powder	6 tablespoons cooking oil
1 teaspoon salt	2 eggs, beaten
3 tablespoons sugar	1 cup finely-chopped, unpeeled tart apples
1 teaspoon cinnamon	

Sift together dry ingredients, add milk and oil to eggs, beating until smooth. Fold in apples. Spoon on to moderately hot griddle; flip over once after browning on first side. Serve with lots of butter and syrup.





# MAIN DISHES

## APPLE-CARROT CASSEROLE

4 cups cooked apples	$\frac{1}{4}$ pound of butter
4 cups cooked carrots	$\frac{1}{2}$ cup brown sugar
8 ounce can pineapple chunks	

Melt butter with brown sugar. Mix fruit and vegetables in casserole dish. Pour the sugar mixture over and bake until bubbly (about 30 minutes) at 350 degrees.

Zenna Hendren

## APPLE-SWEET POTATO BAKE

4 medium apples	1 teaspoon salt
6 medium sweet potatoes, cooked whole in skins	3 tablespoons butter
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup chopped pecans
	1 teaspoon cinnamon

Core unpeeled apples and cut into rings. Peel potatoes and cut into lengthwise slices about  $\frac{1}{2}$  inch thick. Alternate layers of potato slices, apple rings, sugar, nuts and seasoning, in greased casserole dish. Cover and bake in 325-degree oven for about 45 minutes.

Irene Sharpe Hayes

## APPLE HAM SLICES

2 tablespoons margarine or butter	$\frac{1}{2}$ teaspoon cinnamon
1 ham slice weighing 2 pounds	1 tablespoon cornstarch
$\frac{1}{4}$ cup sliced green onions	1 tablespoon cold water
$\frac{3}{4}$ cup apple juice or cider	2 medium apples, peeled, cored and sliced
$\frac{1}{2}$ to $\frac{3}{4}$ cup raisins	

Melt butter in skillet, add ham slice and brown on both sides. Remove ham and set aside. Put onions in skillet and cook until transparent and tender. Stir in apple juice and cinnamon and bring to a boil. Combine cornstarch and water and stir into apple juice. Cook until thickened. Return ham to skillet; cover and simmer for 10 minutes. Place apple slices on ham, add raisins, cook on low heat, covered, for 5-7 minutes. Transfer ham to hot serving dish and spoon several spoonfuls of sauce over it; pass remaining sauce.



## APPLE-SAUSAGE ROLL-UP

- |                                |                      |
|--------------------------------|----------------------|
| 1 pound sausage (country pork) | 2 cups bread crumbs  |
| 2 cups diced apples            | 1 small onion, diced |

Roll out sausage on waxed paper into a rectangle about  $\frac{1}{2}$  inch thick. Combine apples, bread crumbs and onion and spread over meat. Roll like a jelly roll; remove from waxed paper and place in baking dish. Bake at 350 degrees about 45 minutes -- this will serve 8.

## APPLE-SAUSAGE-CABBAGE BAKE

- |                            |                         |
|----------------------------|-------------------------|
| 1 pound pork sausage       | 3 medium apples, sliced |
| 1 medium cabbage, shredded | 1 tablespoon vinegar    |

Shape sausage into flat cakes and fry in skillet until crisp.

In a greased baking dish, arrange layers of apples and cabbage, salting each layer lightly if desired. Place sausage cakes on top. Pour vinegar into hot sausage grease left in skillet and then pour this mixture over top of layers. Cover and bake in a 350-degree oven about 45 minutes. This will serve six people.

## APPLESAUCE MEAT LOAF

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1 egg, beaten                | 1 and $\frac{1}{2}$ cups soft bread |
| $\frac{1}{2}$ cup applesauce | crumbs (2 slices thick-sliced       |
| 2 tablespoons chopped onion  | bread)                              |
| $\frac{1}{2}$ teaspoon salt  | 1 teaspoon mustard                  |
| 1 pound lean ground beef     | $\frac{1}{4}$ teaspoon black pepper |

Combine all ingredients and place in greased loaf pan. Make a depression down middle of loaf with a spoon and pour in:

- |  |                 |
|--|-----------------|
| $\frac{1}{2}$ cup applesauce               | } Mix Together. |
| 1 tablespoon brown sugar                   |                 |
| 1 and $\frac{1}{2}$ teaspoon cider vinegar |                 |
| $\frac{1}{2}$ teaspoon mustard             |                 |

Bake for about an hour at 350 degrees. This will serve 4 or 5.





## APPLE-SAUSAGE PASTRIES

### PASTRY:

2 cups sifted plain flour	$\frac{1}{2}$ cup shortening
2 teaspoons baking powder	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ teaspoon salt	

### FILLING:

1 pound pork sausage	$\frac{1}{2}$ cup chopped raisins
1 small onion, chopped	4 ounces tomato sauce
1 medium apple, cored and chopped (about 1 and $\frac{1}{4}$ cups)	$\frac{1}{4}$ teaspoon allspice

Sift together flour, baking powder and salt; cut in shortening; stir in milk and mix into soft dough. Turn out and knead lightly. Divide into 5 sections. On lightly floured surface roll each portion into about a 7-inch circle. Place about a half cup of filling in center of each circle and fold pastry over, forming a half-circle shape. Moisten the edges and seal by pressing with fork tines. Cut slits in top to allow steam to escape. Brush lightly with milk. Place on ungreased baking sheet and bake in 375-degree oven about 50 minutes, or until golden brown. Serve hot with plain yogurt.

To prepare filling: Brown crumbled sausage and onion in skillet until sausage is brown and onion is tender; drain off fat. Stir in the chopped apple, raisins, tomato sauce and allspice.

## CHEESEY APPLE-SAUSAGE CASSEROLE

12 link pork sausages	$\frac{1}{2}$ teaspoon salt
4 tablespoons flour	4 medium apples, peeled, cored and cut into $\frac{1}{4}$ -inch rings
2 cups hot water	2 tablespoons brown sugar
1 tablespoon vinegar	
$\frac{1}{4}$ pound cheddar cheese, sliced	

Heat sausages in skillet until lightly browned, then place in casserole dish. Leaving about  $\frac{1}{4}$  cup fat in skillet. Add flour and brown. Add water gradually and cook until thick, then add vinegar and salt. Arrange apples on sausages, sprinkle with brown sugar and pour sauce over. Cover and bake at 350 degrees about 30 minutes, or until apples are tender. Arrange cheese slices on top and return to oven, uncovered, to melt and brown cheese. This will serve 6.



## APPLE-STUFFED PORK CHOPS

3 1-inch thick pork loin chops	1 teaspoon lemon juice
2 tablespoons raisins	$\frac{1}{2}$ teaspoon sugar
2 tablespoons hot water	$\frac{1}{4}$ teaspoon salt
1 small apple, finely chopped	$\frac{1}{8}$ teaspoon each cloves and
1 tablespoon chopped walnuts	ginger
1 slice of bread, toasted and cubed	2 tablespoons white wine

Cut a pocket to the bone in the fat side of each pork chop; set aside. Plump raisins in hot water about 5 minutes, then add apple, nuts, juice, sugar, salt and spices; mix well. Stir in bread cubes and toss with enough wine to moisten. Spoon  $\frac{1}{3}$  of mixture into each chop, and place in shallow baking pan. Cover with foil and bake at 350 degrees for 1 hour, then uncover and bake about 15 to 20 minutes more until nicely browned.

## APPLES WITH RED CABBAGE

1 medium head red cabbage shredded	2 cups water
2 medium tart apples	$\frac{1}{2}$ cup sugar
2 tablespoons margarine	$\frac{1}{2}$ teaspoon salt
1 medium onion, sliced	$\frac{1}{4}$ teaspoon black pepper
(may omit)	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{3}$ cup cider vinegar	Juice of $\frac{1}{2}$ lemon

Peel apples and cut into small pieces. Heat margarine in large skillet; saute apples (and onions) 3 or 4 minutes; add vinegar, water, sugar, salt, pepper, spice and lemon juice and bring to boil. Add cabbage. Cover and simmer until tender. Serves 4-5.

# JAMS, JELLIES, RELISHES, ETC.

## HOT APPLE CIDER MUG

$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon ground nutmeg
1 teaspoon whole allspice	1 cinnamon stick
1 teaspoon whole cloves	2 quarts apple cider

Combine sugar and spices in saucepan and bring to a boil; add cider and bring just to boiling point; cover and simmer at low heat for about 20 minutes. Strain and serve. (For extra aroma and flavor, pour over three small oranges which have been studded with cloves and baked for 20-25 minutes).





## APPLESAUCE STUFFING

2 quarts bread crumbs	1 teaspoon salt
1 large jar applesauce (32 ounces) (unsweetened)	1 teaspoon cinnamon
½ cup sugar	1 cup chicken broth
	1 cup chopped raisins
	2 eggs, beaten

Mix all ingredients; mixture should be quite moist. Bake in large buttered pan or shallow casserole dish for 1 hour at 350 degrees. A good accompaniment for your pork roast, as well as for chicken or turkey.

## APPLE CHUTNEY

3 red peppers	1 cup diced celery
3 green peppers	2 ounces crystallized ginger
12 green apples	1 pound seedless raisins
6 medium onions	2 quarts cider vinegar
2 garlic cloves	3 cups sugar
	2 teaspoons salt

Halve peppers and remove seeds; peel apples and remove core. Chop apples, ginger, raisins, and vegetables (in your food processor, if you have one; if not, as fine as you can chop them on a cutting board.) Combine all ingredients and cook at medium low heat until thick and clear, about 1 hour, stirring to keep from sticking. Fill sterile jars and seal. Makes about 4 quarts. (If you don't like garlic, leave it out)

## BAKED APPLE BUTTER

2 quarts water	2 tablespoons salt
6 pounds apples, cored, peeled and sliced (tart ones are best)	3 to 4 cups sugar, depending on apples
1 teaspoon cinnamon	2 quarts sweet cider
½ teaspoon allspice	½ teaspoon cloves

Combine water and salt; add apples; drain, but do not rinse. Grind (food chopper, blender, processor) till pulp--you should have about 2 quarts. Combine with cider and place in large enamel pan--you can use the bottom of your turkey roaster for this. Center in a 350 degree oven and simmer until mixture is cooked down and mushy--about 3 to 3 and ½ hours, stirring ever half hour.

Put mixture through strainer or colander--you should have about 2 and ½ quarts. Add sugar and spices to sauce and return to oven. Simmer about 1 and ½ hours, still stirring ever half hour. Test by pouring small amount on cold plate. When no liquid oozes around edge, apple butter is done. Pour into hot sterilized jars and seal--makes 2 quarts.



# SALADS

## APPLE-CITRUS SALAD

- |   |   |
|---|---|
| 1 Golden Delicious apple<br>cored and chopped | $\frac{1}{4}$ cup orange (grapefruit) juice |
| 1 cup green seedless grapes<br>halved         | 1 tablespoon honey                          |
| 1 cup orange (grapefruit) sections            | 1 teaspoon lime or lemon juice              |
| $\frac{1}{4}$ cup chopped pecans              |   |

Combine all ingredients, chill and serve on lettuce greens.

## STUFFED CINNAMON APPLES

- |                          |              |
|--------------------------|--------------|
| 6 medium cooking apples  | Chopped nuts |
| 1 cup water              | Lettuce      |
| 1 cup red cinnamon drops | Cream cheese |
| 2 cups sugar             | Mayonnaise   |

Peel and core apples. Heat water, cinnamon drops and sugar in large saucepan until sugar and drops are melted; add apples and simmer, turning apples frequently in syrup. When apples are tender, lift out carefully and chill. Place on lettuce. Stuff centers with mixture of softened cream cheese and nuts and garnish with mayonnaise.

## APPLE-TUNA SALAD

- |  |                                  |
|--|----------------------------------|
| 1 medium head lettuce, torn into<br>bite-size pieces (about 4 cups)                  | $\frac{1}{2}$ cup chopped pecans |
| 2 cups diced unpeeled apple  | 2 teaspoons soy sauce            |
| 1 $6\frac{1}{2}$ ounce water-packed<br>light tuna, drained and<br>broken into chunks | 1 teaspoon lemon juice           |
|  | Light mayonnaise                 |

Combine lettuce, apples, tuna and nuts in large salad bowl. Combine mayonnaise, soy and lemon juice; mix well; toss with salad. This will serve 4-6.

## APPLE-FESTIVAL SALAD

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 2 cups apples, diced, unpeeled   | $\frac{1}{2}$ teaspoon salt        |
| 2 cups diced peeled cucumbers    | $\frac{1}{4}$ cup lemon juice      |
| $\frac{1}{4}$ cup chopped pecans | $\frac{1}{2}$ cup light mayonnaise |
| Lettuce                          |                                    |

Toss apples and cucumbers with salt. Sprinkle with lemon juice and mix in mayonnaise and nuts. Chill and serve on lettuce.





## WALDORF SALAD

(The Classic Apple Salad)

Combine 2 cups coarsely-diced apple, 1 cup coarsely-diced celery, and  $\frac{1}{2}$  cup chopped pecans. Blend  $\frac{1}{4}$  cup mayonnaise, 1 teaspoon sugar,  $\frac{1}{2}$  teaspoon lemon juice, and dash salt; fold in  $\frac{1}{2}$  cup whipped cream; blend into apple mixture and chill. (You may use  $\frac{1}{2}$  cup yogurt and another spoon or two of sugar if you want to cut down on butterfat, instead of the whipped cream.)

## APPLESAUCE-HONEY DRESSING

$\frac{1}{3}$ cup sugar	3 tablespoons lemon juice
$\frac{1}{4}$ teaspoon dry mustard	1 tablespoon cider vinegar
$\frac{1}{4}$ teaspoon grated lemon rind	1 teaspoon celery seed if desired
$\frac{1}{2}$ cup smooth applesauce (baby food strained)	$\frac{1}{2}$ cup salad oil
$\frac{1}{4}$ cup strained honey	

Combine all ingredients except oil in bowl and mix well. Add oil slowly, beating as you add. Chill. Shake or beat well before serving.

## TRIPLE APPLE SALAD

2 (3 ounce) packs apple flavor gelatin	2 cups diced, unpeeled apples
2 cups hot water	$\frac{3}{4}$ cup chopped pecans
2 cups apple cider	

Empty gelatin into bowl; add water; stir until dissolved and add cider. Chill until slightly thickened. Fold in apples and nuts; chill until firm in mold or 8x8x2 pan.

## RED, WHITE, AND APPLE LAYERED SALAD

1 large package cream cheese	2 (3 ounce) packages cherry gelatin
$\frac{3}{4}$ cup chopped celery	2 cups hot water
$\frac{1}{2}$ cup mayonnaise	1 and $\frac{1}{2}$ cups sweetened applesauce (canned works fine)
$\frac{3}{4}$ cup chopped pecans	
$\frac{1}{4}$ cup red cinnamon drops	

Combine cheese, celery, mayonnaise and nuts and let stand at room temperature. Dissolve gelatin and cinnamon drops in hot water; add applesauce. Pour half of mixture in 8x8x2 pan; congeal. Spread with cream cheese mixture; top with remaining gelatin mixture and chill until firm. Serves 8.



## APPLE SAVER

Peel, core and slice apples. Place in solution made of two tablespoons of salt per gallon of water, then drain but do not rinse.

Pack, unsweetened, into containers and freeze.

They can stay frozen for at least six months, and when thawed they taste as if you had just purchased them. The salt is the trick to the fresh taste.

A good way to preserve apples.

Irene Sharpe Hayes

## UNCOOKED APPLESAUCE

4 medium apples, peeled, cored and chopped	$\frac{1}{4}$ cup water
$\frac{1}{4}$ cup sugar	1 tablespoon lemon juice

Place all ingredients in blender and blend until smooth. Serve immediately. Serves 4.

## APPLE DUMPLING

1 cup flour	$\frac{1}{8}$ cup butter
1 teaspoon salt	$\frac{1}{2}$ cup sweet milk (scant)
1 teaspoon baking powder	1 egg

Hot cooked apples

Mix dry ingredients. Cut in and rub in butter. Add milk and lastly the beaten egg. Lay crust over hot apples; cut to fit pan; cut gashes in crust. Cook 30 minutes covered.

My mother prepared this dumpling in a double boiler and served hard sauce with it. I prefer to bake it in the oven and brown the crust lightly.

Eunice Wayland--from her  
mother, Ella Fowler's, cook book

## JELLIED APPLE BUTTER

Apples  
Sugar  
Flavoring

Use any tart apples; any amount. Cook apples in small amount of water and strain through a sieve. Measure apple pulp and add an equal amount of sugar. Add flavoring (cinnamon, nutmeg, allspice as desired) and bring to a boil. Boil ten minutes, stirring constantly to keep from sticking. Pour into hot sterilized jars and seal. Best cooked in small amounts.

Rosa Lee Moore  
44





## JO'S CROCK POT APPLE BUTTER

7 cups apples (peeled and cored)  
5 cups sugar (white or brown)  
3 teaspoons cinnamon

Cook apples until done. Measure 7 cups into crock pot and add 5 cups of sugar. Mix and cook on high with lid on, for 4 hours. Remove lid, add cinnamon, mix and cook on simmer 4 more hours or longer (until desired thickness). Put into hot sterilized jars and seal or refrigerate.

Sam Cabe

## FRIED APPLE SLICES

4 green apples	$\frac{1}{2}$ teaspoon cinnamon
2 tablespoons butter	$\frac{1}{4}$ cup brown sugar
2 tablespoons bacon or sausage drippings	$\frac{1}{2}$ cup apple jelly

Peel, core and slice apples; sprinkle with cinnamon. In a skillet, saute apples in butter and pan drippings. When apples are about done, sprinkle with sugar and dot with jelly. Turn heat to low and let apples finish cooking. Serves 4.

## ROYAL APPLE BREAD PUDDING

2 cans (1 pound each) applesauce	4 tablespoons butter
1 and $\frac{1}{2}$ teaspoon lemon juice	$\frac{1}{3}$ cup apricot preserves
6 slices raisin bread	2 teaspoons cinnamon
	3 tablespoons sugar

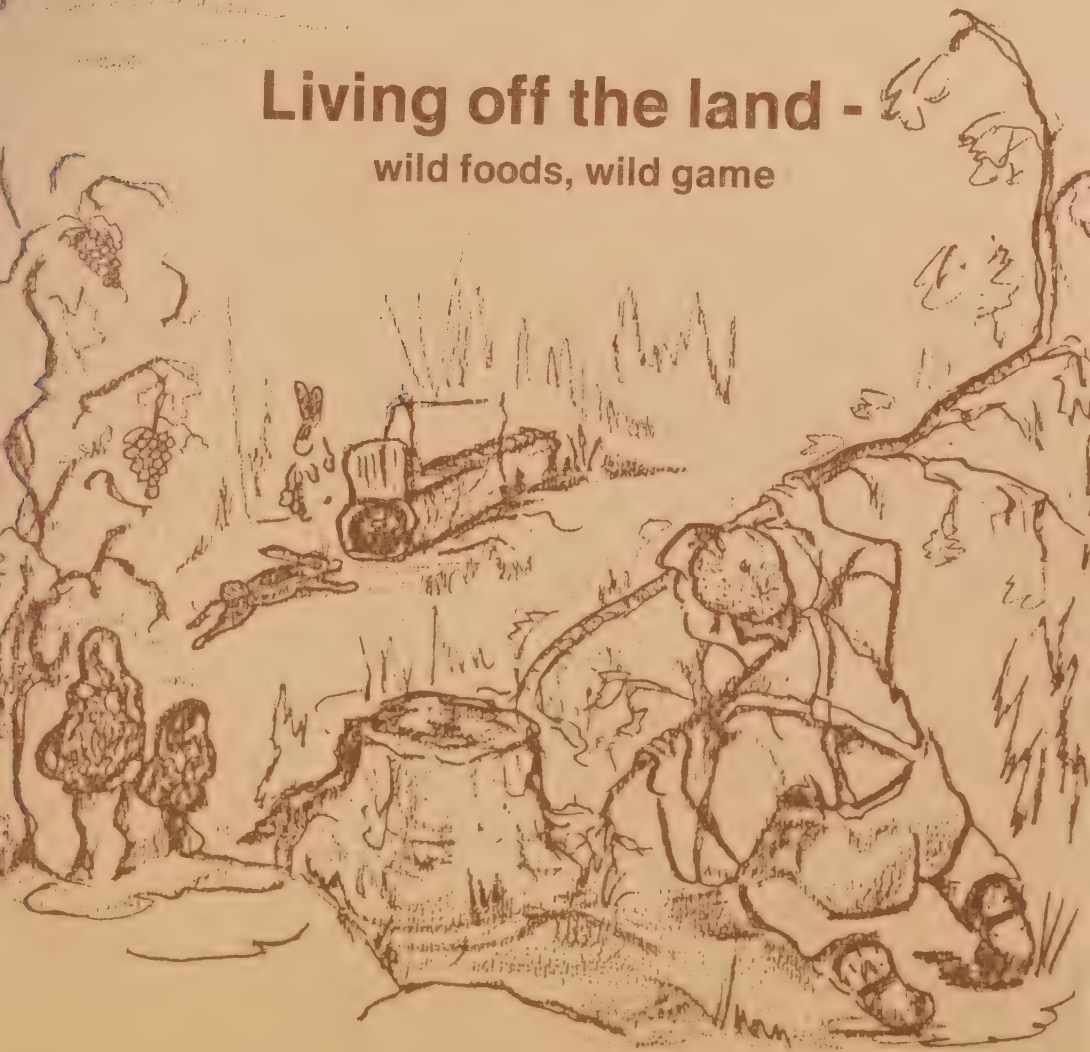
Combine applesauce and lemon juice; place half this mixture in a 1 and  $\frac{1}{2}$  quart casserole. Spread bread slices with butter and apricot preserves. Cut five of the slices into cubes; cut remaining slices into 4 triangles. Place cubes on applesauce in casserole. Combine cinnamon and sugar; sprinkle half over cubes; top with remaining applesauce. Arrange triangles in a pattern on top of the casserole and sprinkle with remaining cinnamon and sugar. Bake at 350 degrees for 30 minutes. Serves 6-8.





# Living off the land -

wild foods, wild game







# GAME AND WILD FOODS

## BROILED QUAIL

8 quail (with skin)  
Olive oil  
Salt and pepper

8 pieces of toast  
Parsley sprigs

Split quail in two and place on broiler pan. Brush with oil and sprinkle with salt and pepper; broil about 4 inches from heat in pre-heated broiler about 10 minutes. Serve on hot buttered toast garnished with parsley sprigs. Serves 4.

## ROASTED QUAIL

8 quail (with skin)  
1 cup chopped chicken livers  
1 medium onion, chopped  
¼ green pepper, chopped

¼ cup celery, chopped  
¼ cup butter  
1½ cups cooked white rice  
⅔ cup chicken bouillon

Make stuffing by frying onion, pepper and celery over medium heat in the butter until the vegetables are tender, about 7 minutes. Add livers, then mix and simmer for 5 minutes, stirring once in a while. Add the cooked rice and mix well.

Fill the cavities of the quail with the stuffing and rub birds with soft butter. Place them in shallow roasting pan. Heat the bouillon to the boiling point and pour some over the birds until there is about ½ inch of liquid in the pan. Bake any left-over stuffing to serve with birds. Roast for 30 minutes in a 450 degree oven, basting with the pan juices a couple of times. Serve with baked stuffing on a heated platter. Serves 4.

## SPICY QUAIL

8 quail  
Flour, salt, pepper  
¼ cup butter  
2 tablespoons minced onion  
⅓ teaspoon marjoram  
¾ cup chicken broth

2 tablespoons orange juice  
2 tablespoons lemon juice  
¼ teaspoon orange rind  
¼ teaspoon lemon rind  
⅓ teaspoon dry mustard  
¾ cup currant jelly

Split quail in two and roll in seasoned flour. Heat butter in large, heavy frying pan and brown quail on all sides, then transfer to roasting pan. Add onion and marjoram and cook over medium heat 5 minutes; add broth, bring to boil, scrape pan and pour contents over quail. Cover the roasting pan and place in preheated 350-degree oven for 35 minutes. Just before the birds are done, melt jelly in saucepan over low heat; add juices, rind and dry mustard and bring to a boil; brush over birds. Serve on hot platter, garnished with parsley if desired. Serves 4.



## WILD DUCK WITH PECAN STUFFING

4 (1 pound) wild ducks, dressed	¼ cup milk
4 cups soft bread crumbs	12 slices bacon
1 cup chopped onion	1 cup catsup
1 cup chopped celery	½ cup chili sauce
1 cup chopped pecans	¼ cup Worcestershire sauce
2 eggs, beaten	¼ cup steak sauce
¼ cup milk	Parsley (optional)

Orange slices and cranberries (optional)

Rinse dressed ducks thoroughly with water; pat dry. Combine bread crumbs, onions, celery, pecans, eggs and milk, mixing well. Spoon mixture into cavities of ducks; close cavities with skewers. Place ducks, breast side up, on rake in roasting pan. Wrap 3 slices of bacon about each duck and bake, uncovered, for 1 hour at 350 degrees.

Combine catsup, chili, Worcestershire and steak sauces; pour over ducks and bake until desired stage of doneness (15-30 minutes). Skim off and discard fat from sauce; serve sauce with ducks. Garnish with parsley, orange slices and cranberries if desired. Serves 4.

Vanessa Church

## BIRD SOUP

1 pound wings, legs or carcass of game birds	Celery leaves
Onion	Salt and pepper
Carrot	Noodles
	Vegetables (optional)

Place game, onion, carrot and celery leaves in stew pot. Add water to cover and simmer with lid on till the meat is ready to fall off the bones. Remove meat and cut into bite-size pieces. Strain the broth. Cook broth down till you have the right quantity for meat -- a cup of meat per quart and a half of broth is about right. Add noodles and cook according to package directions. Just before they are done, add any cooked vegetables you wish, then add cooked meat, and salt and pepper to taste.

## BAKED TROUT

2-3 trout	1 medium onion
1 can crab meat	1 can mushrooms

Chop onion and saute crab meat, onion and mushrooms in butter. Stuff cavities of fish. Melt butter in 9x13 pan. Coat fish with the butter, place in pan, cover with foil and bake 1 to 1½ hours at 350 degrees.

## FRIED BASS

1½ pound bass fillets	1 teaspoon salt
1 egg	1 cup flour
1 tablespoon milk	¼ teaspoon pepper

Blend egg and milk. Mix flour, salt and pepper. Dip fillets in egg mixture and then in flour mixture. Heat cooking oil in heavy pan (enough to cover fish) and deep-fry fish -- about 4 minutes per piece. Keep fried fish in warm oven until all are cooked. This amount serves 4.

Shawn Cox



## BAKED BASS

1½ pound bass fillets, skinned	¼ cup butter
1 ten-pound pack frozen spinach	⅓ cup light cream
Salt and pepper	¼ cup white wine
1 clove garlic, minced	1 tablespoon lemon juice
	⅓ teaspoon lemon peel, grated

Arrange fish in single layer in greased casserole. Cook the spinach according to directions; drain well and arrange over fish. Heat remaining ingredients in small saucepan. Place over heat and just before it comes to a boil, pour over fish. Cover with a lid or with foil and bake in a pre-heated 450 degree oven for about 20 minutes, or until fish is flaky. Serves 4.

Shawn Cox

## BROILED BASS

1½ pound bass fillets	1 teaspoon dried basil
¼ cup butter	Salt and pepper
1 tablespoon orange juice	Parsley sprigs
½ teaspoon grated orange peel	Orange wedges

Butter a large piece of heavy-duty foil and place on broiler pan. Place fish on foil. Melt butter, add orange juice, peel, basil and salt and pepper. Brush this mixture over fish. Place fish under preheated broiler, about 4 inches below heat, and cook, brushing from time to time with the butter/orange mixture until fish is flaky (about 8-10 minutes). Serve on heated platter garnished with parsley and orange wedges.

Shawn Cox

## VENISON ROAST

1 six-eight pound leg of venison	1 tablespoon barbecue sauce
1 pint red wine	1 tablespoon salt
2 onions, sliced	½ teaspoon black pepper
6 pieces of bacon	Cooking bag for roasts

Place venison in large plastic bag to marinate, with red wine, for six to eight hours. Turn often. Then place marinated meat in cooking bag. Cover with salt, bacon, pepper, barbecue sauce and onion rings. Bake at 350 degrees for three and one-half hours, or until tender. Serve the venison hot, with cooking sauce poured over, or plain.

(My original recipe)

Byrd Moore

## MARINATED VENISON ROAST

3-4 pound venison roast	Large bottle Italian dressing
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Put a big piece of heavy foil under roast and bring up sides around meat. Pour dressing over meat. Allow to marinate overnight. Fold up foil over roast and bake with the marinade still inside the foil, for 2-3 hours, at 325 degrees. Serves 6-8.





## VENISON WITH GRAVY

3-4 pound venison roast	1 can condensed
Water	mushroom soup
Baking soda	1 can onion soup

Soak roast in soda water (use 1 tablespoon soda to 1 quart water) for 3-4 hours. Pour off soda water, and cover roast with fresh water; simmer until tender (2-3 hours). Pour off water, then pour over the roast the soups mixed together; simmer about 30 minutes.

## VENISON CHILI

2 pounds ground venison	½ teaspoon black pepper
3 tablespoons vegetable oil	1 16-ounce can tomatoes
1 large onion, sliced	2 tablespoons chili powder
1 clove garlic, minced	1 15-ounce can
1 teaspoon salt	red kidney beans

Heat oil in large skillet and soak onion and garlic until transparent. Add venison, salt and pepper, and brown. Add tomatoes and chili powder, and cook over low heat for about one hour. Add beans; simmer for 20 minutes. Serve.

## CAMPER'S BISCUITS

(Few ingredients and foolproof)

2 cups self-rising flour
1 tablespoon sugar
½ pint whipping cream

Mix, knead and roll; cut in rounds. Bake at 450 degrees for about 12 minutes. Use camp oven or dutch oven.

Shawn Cox

## MARINATED VENISON LOIN - FRIED

1½ pounds venison, cut into 4 pieces ¾ inch thick	1 bay leaf
1 cup water	6 whole cloves
1 cup red wine	1 small onion, sliced
2 tablespoons cooking oil	½ teaspoon thyme
	3 tablespoons butter
	Salt and pepper

Heat water to boiling point; place broken bay leaf, cloves, onion, and thyme into non-metal bowl and cover with hot water. Cool; add wine and oil, stir; add meat. Add more water to cover if necessary. Cover the bowl and refrigerate for 2 hours.

Remove meat from marinade and dry on paper towels. Heat butter in heavy frying pan over high heat. Add meat and fry quickly over high heat for 2 minutes on each side. Serve with salt and pepper. Serves 4.



## HARVEST FEAST STEW

4-6 squirrels and/or rabbits, depending	6 quarts corn
4 roasting hens	6 quarts lima beans
15 pounds deer stew meat	5 pounds onions, chopped
12 quarts tomatoes	2 pounds margarine
20 pounds potatoes peeled and diced	1 cup sugar
Large black iron pot	salt
	pepper
	4 pods hot red pepper

Cook meat until tender and debone squirrels, rabbits, hens. Reserve hen broth. Grease pot with lard and place on low heat; start with hen broth and add meat, limas, onions, tomatoes and potatoes. Cook and stir about 6-8 hours or until meat and potatoes fall apart. Add water if stew cooks down too fast. Add corn and seasonings to taste. Quantities given make about 40 quarts.

## FRIED RABBIT

1 rabbit	1 teaspoon salt
1 cup flour	1 chopped onion
$\frac{1}{4}$ teaspoon pepper	1 teaspoon vinegar
4 tablespoons cooking oil	

Cut rabbit into serving pieces; roll in mixture of flour, salt and pepper. Brown in oil, then add  $\frac{1}{4}$  cup water, diced onion, and vinegar. Lower heat; cover and simmer until tender. Remove cover, brown for 10 minutes.

## WAYS WITH MORELS

Fresh morels need not be cooked by the Brushy Mountain method ("Dry Land Fish" -- see first section). They are often sauteed in hot oil until they are crisp, then drained, and heated a second time in butter, adding garlic or shallots and parsley, as desired.

Dried morels should be soaked until tender, then sauteed in butter with a little white wine, shallots and cream. This makes a good side dish to serve with nicely-browned chops.

The simplest method of saving this perishable crop is by drying. Morels may be dried on a nylon screen or on a string threaded through them, as in "leather britches" or hot peppers. With good sunshine and air circulation they will dry in four to five hours. Be sure they are well cleaned, but not washed, before spreading or stringing to dry. When completely dehydrated, store in jars with a piece of cheesecloth tied over top to keep out insects. Two ounces of dried morels equals one pound hydrated.

Morels may also be frozen. They should be cut, washed, and simmered until covered in their own juice. Cool. Pack in containers and freeze.

For more detailed directions and other methods, see **The Curious Morel: Mushroom Hunter's Recipes, Lore and Advice**, by Larry Lonik. (This valuable paperback book should be available from RKT Publishing, P.O. Box 103, Royal Oak, Michigan 48068; for \$7.95 plus \$1.50 postage and handling.)





## ROAST CHICKEN WITH MORELS

¾ pound fresh morels	Large pinch cinnamon
4 tablespoons unsalted butter	¼ teaspoon pepper
3½ pound whole chicken	1 cup chicken stock
Liver and heart reserved and chopped	Watercress or parsley for garnish
1 teaspoon salt	

Wash, trim, and slice morels. Saute in butter over high heat; add chicken livers and saute 30 seconds. Remove from heat and toss with ¼ teaspoon salt, cinnamon and pepper. Cool.

Prepare chicken for roasting. Stuff with morel mixture and slip 1 tablespoon butter under skin. Sew cavity closed and rub chicken with butter. Roast for 45 minutes, breast side down, at 325 degrees. Baste with pan drippings. Turn and roast for 45 minutes more. Serve on hot platter garnished with watercress or parsley.

## MOREL QUICHE

Deep 10-inch pie shell, unbaked	4 tablespoons butter
1 pound morels, quartered	4 beaten eggs
¼ pound bacon	1½ cups light cream or undiluted evaporated milk
½ cup green pepper	4 tablespoons flour
½ cup chopped onions	salt and pepper
1½ cups grated Swiss cheese	

Saute onions and peppers in butter. Add morels and sprinkle in flour. Add cream and cook until thickened. Remove from heat. Add cheese and cool. Salt and pepper to taste. Add mixture to eggs gradually. Pour into shell and bake at 350 degrees for 50 minutes, or until knife inserted in center comes out clean. Allow to sit for 10-15 minutes before slicing to serve.

## BACKYARD GOODIES

Mollypops	Ripe black locust pods
Ground cherries	Wild strawberries
Fox grapes	Possum grapes
Fall grapes (muscadines)	Sumac-ade (Caution: be <u>sure</u> of variety)
Hickory nuts	Huckleberries
Mulberries	Wild Greens
Blackberries	

Pot greens to be parboiled: (Wash and clean. Pour off first waters; boil in last with salt pork until tender.) Poke-parboil 3 times; Ramps-parboil 2 times; Wild Mustard-parboil 2 times and add a little sugar to remove bitterness; Creesy Greens-parboil 1 time.

Pot greens that do not need parboiling: (Use only young, early growth. Wash and clean; cook with salt pork in water until tender.) Sorrel-Cook 30 minutes; Pigweed-Cook lightly; Branch Lettuce-use very little water; Lamb's Quarters-Boil 15 minutes; Dandelions-Simmer until tender.

Raw greens for salads: Wild spring greens of which only the small, young early growth leaves and stems should be used: Chickory; wild or meadow onions; purslane; branch lettuce; chickweed; Turkey mustard; dandelion; blue violet; sorrel; creesy greens; ramps.



## LAMB'S QUARTERS GREENS

Select 1 gallon of packed, chopped lamb's quarters, using only plants under 8 inches high. Cook in a little water and drain. Cover greens with a cooked sauce made of flour, milk, butter, salt and pepper, and top with chopped hard-boiled egg.

## POKE SALLET

Use ONLY the young sprouts, 6 or 8 inches high. Do not cut below surface of ground as the root is poisonous. Parboil 3 times, pouring off water after each 1 minute boiling. Then boil in 4th water until tender; drain, and fry in hot, salted bacon drippings. Let cook and serve with vinegar.

## SUMAC PIE

In the late fall gather and crush ripe red staghorn sumac horns (be sure of variety); then cover with water and continue to crush with potato masher. Strain juice through tight cloth.

1½ cups sumac juice	2 tablespoons butter
1 cup sugar	3 tablespoons cornstarch
½ teaspoon salt	2 egg yolks

Place all ingredients except egg yolks in double boiler. Add ½ cup water and mix thoroughly. Cook and stir until mixture thickens, then add the slightly-beaten egg yolks. Continue cooking, stirring constantly, for 2 minutes. Remove from heat and pour into baked pie shell. Cool before serving with whipped cream.

## BLACKBERRY WINE

2 gallons blackberries or dewberries	¼ yeast cake
2 gallons boiling water	3 pounds sugar

This wine must be made in a 5-gallon crockery pot and should be kept on the kitchen table in good light, where it can be stirred several times a day. Cover top with cheese cloth and tin cover.

Wash berries, drain in colander, and place in crock. Bring to boil 2 gallons of water and then pour immediately on berries in crock. Add sugar and stir for 15 minutes. In 24 hours, add the yeast. Stir well and taste. If sweet as very sweet lemonade, it does not require any more sugar for the present.

Twice a day, stir mixture and mash berries. Taste every day, and add 1 cup sugar. On the 10th day, mash berries through colander, then strain through cheese cloth. Wash crock, then return to it the strained liquid. Allow to stand for 9 more days, but taste every day to be sure wine is no less sweet than it was in the beginning; add sugar if needed. At the end of this time, dip off the sediment and put into large clean bottles.

Once every two weeks, pour into other clean bottles, leaving the sediment. Be sure to keep sweet, and in six months you will have a most delicious wine. Do not cork tightly until wine is mature, or it will blow the cork out.

A couple of spoonfuls of blackberry wine used to be Grandma's standard cure for upset stomachs!





## DEEP DISH BLACKBERRY PIE

Pastry for double crust pie

Blackberries or dewberries

(a few handfuls of huckleberries give added flavor)

Sugar

Line deep pie pan with pastry; pour in clean berries and a cup or so of white sugar, depending on sourness of berries. Pour a small amount of water over pie, and cover with top crust, making slits for steam to escape. Bake at 350 degrees for about an hour, or until crust is brown and berry juice is thick and bubbly. Cool slightly, and serve with cream.

## CHICKEN SALAD WITH COOKED DRESSING

1 large hen (5-7 pounds),

stewed, boned and cut up coarsely

$\frac{1}{2}$  as much chopped celery as amount of chicken

Sweet or sour pickles to taste, chopped

### DRESSING:

1 cup chicken fat (or butter)

1 tablespoon celery seed

1 cup vinegar

1-4 tablespoons sugar,

8 large eggs

depending on preference

1 tablespoon dry mustard

1 teaspoon salt

(mix with part of vinegar)

1 teaspoon (scant) pepper

Beat eggs slightly, add other ingredients and cook over very low heat until thickened to desired consistency, stirring constantly. Cool slightly and pour over the mixture of chicken, celery and pickles.

## SKILLET CABBAGE

2 cups chopped or shredded cabbage

1 medium onion, chopped

1 tablespoon salad oil

salt and pepper to taste

1 small green pepper, chopped

1 cup celery, chopped (optional)

Heat oil in skillet on medium heat. Add vegetables and seasonings and cook covered for 7-10 minutes, stirring occasionally. Do not overcook. Serve immediately.

## CORN PUDDING

1  $\frac{1}{2}$  cups corn

1 tablespoon cornstarch

(fresh, cut off the cob, and

1 teaspoon salt

stewed; or canned whole kernel)

4 tablespoons melted butter

3 beaten egg yolks

3 stiffly-beaten egg whites

1 tablespoon sugar

1 cup milk

Combine all ingredients except egg whites. Fold in beaten whites, and bake in a greased casserole dish for 35 minutes at 350 degrees.

## OLD-TIMEY CREAMED VEGETABLES

Use yellow squash, parsnips, cabbage or turnips. Peel, and boil sliced vegetables till tender. Drain. Add 2 tablespoons butter, salt and pepper to taste. Add cream or milk and beat until smooth. Cook until thick, if necessary.





## LIMA BEANS WITH DILL

1 ¼ pounds fresh or frozen lima beans	2 tablespoon chopped fresh dill
4 tablespoons butter	or
1 tablespoon lime juice	2 tablespoons crushed dill seeds

Steam limas for twenty minutes or until tender. Heat remaining ingredients and pour over the limas. Mix well. This is a nice variation and easy to fix.

Eunice Wayland

## CROCKPOT PEACH BUTTER

Peel and slice peaches and blend 3 cupfuls at a time in blender. Measure 11 cups of pureed peaches and put in crockpot. Stir in ¼ cup lemon juice plus 2 teaspoons cinnamon. Cook uncovered on high for 7-8 hours. Stir in 5 cups of white sugar and mix well; cook uncovered 2-3 hours longer. Pour into hot, sterilized jars, seal, and process for 10 minutes in hot water bath. Makes 9 half-pints or 4½ pints.

Ann Garwood

## REFRIGERATOR PICKLES

7 cups sliced cucumbers, unpeeled	1 tablespoon celery seed
1 cup sliced onions	2 cups sugar
1 cup sliced peppers	1 tablespoon salt
(½ sweet; ½ hot)	1 cup cider vinegar

Mix all together cold and store in refrigerator in covered container. Will keep for months.

Sam Cabe

## PEACH PICKLES

6 pounds small cling peaches (whole, peeled)	1 tablespoon allspice
3 pounds sugar	1 tablespoon cinnamon
1 pint cider vinegar	6 whole cloves
	1 tablespoon mace

Combine peaches, sugar and vinegar. Bring to a boil and drop in spices which have been tied up in a bag. Boil, stirring constantly, until a broom straw can be stuck easily into peach. Take peaches from syrup and put into hot, sterilized pint jars. Boil syrup until thick and pour over peaches. Seal jars.

## HOT PEPPER JELLY

3 large bell peppers	6 cups sugar
3 hot peppers	1 bottle Certo
1½ cups vinegar	green coloring

Remove seeds from peppers; put half the peppers and ¼ cup vinegar into blender and puree. Repeat with other half. Combine with sugar and bring to rolling boil; boil 5 minutes. Remove from heat and skim. Add few drops of green coloring and the Certo. Put back on heat and bring to boil; boil 1 full minute. Put into hot sterilized jars and seal.



## CRUNCHY BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers	1 teaspoon cinnamon
3 onions	½ teaspoon ginger
½ cup salt	1 teaspoon tumeric
3 cups vinegar	2 tablespoons mustard seeds
1 cup water	1 tablespoon celery seeds
3 cups brown sugar	1 pod hot red pepper
1 piece horseradish (optional)	

Mix cucumbers, sliced onions, and salt. Let stand 5 hours. Drain. Boil water, vinegar, sugar and seasonings 3 minutes. Add cucumbers and onions and simmer 10 to 20 minutes (not boil). Pack into hot sterile jars and seal at once.

## CHILI FOR HOT DOGS

1 large onion, chopped	¼ teaspoon pepper
1 pound ground beef	1 tablespoon chili powder
1½ teaspoons salt	1 small can tomato sauce

Brown meat until done. Add chopped onion. Add other ingredients. Simmer for about 10 minutes. Now it's ready for hot dogs.

Byrd Moore

## JERUSALEM ARTICHOKE (Sun Chokes)

Introduced to early European settlers by the Indians, the Jerusalem artichoke is now most recognized for its pickled tubers. In summer, look for patches of it's sunflower like blooms on old homesteads, where the artichoke has escaped cultivation and become throughly naturalized. Don't dig until at least after the first frost -- the tubers are sweeter then.

## ARTICHOKE AND CHICKEN SALAD

(Serves 4-6)

First prepare the dressing since apples darken after being cut. Mix the following:

½ cup mayonnaise or plain yogurt	Lemon juice, to taste
Honey, to taste	Dash of hot sauce
Salt and pepper, to taste	

Thoroughly wash artichoke tubers with a vegetable brush and trim off any blemishes. Prepare the ingredients below:

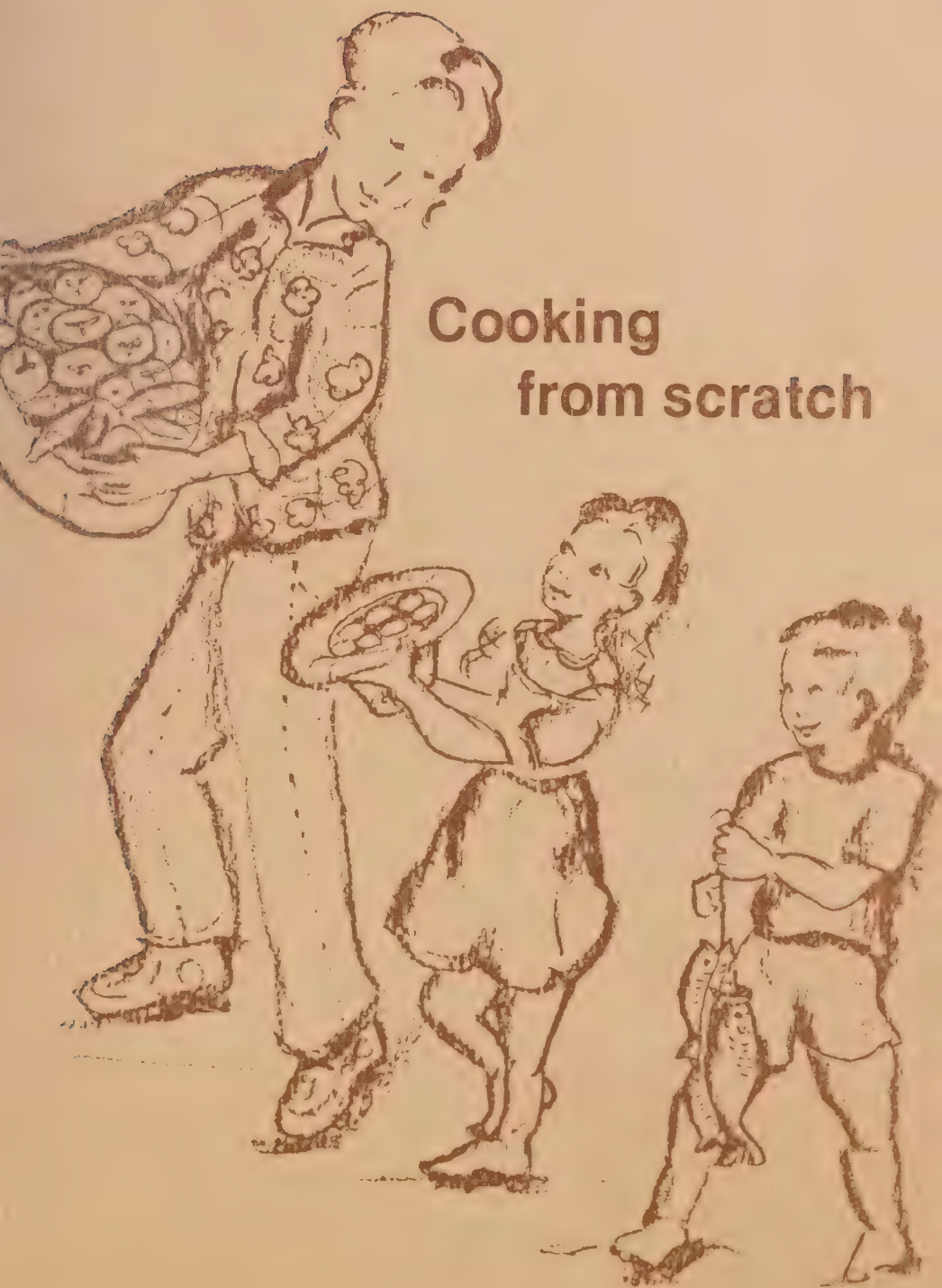
2 cups diced, cooked chicken	1 cup diced Jerusalem artichokes
¼ cup chopped onion	¼ cup raisins
¼ cup sunflower seeds (hulled) or chopped nut meats (optional)	1 apple, diced

In a bowl, combine all ingredients and toss well. Chill at least half an hour before serving.





# Cooking from scratch





## RYE BREAD

2 cups rye flour	1 cup buttermilk
$\frac{1}{2}$ cup self-rising flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon soda

Work in shortening and add buttermilk to make stiff dough. Knead on a floured cloth until smooth, then roll out into cake and bake at 400 degrees for ten or fifteen minutes.

## WHOLE WHEAT BREAD

2 packages dry yeast  
1 cup warm water  
 $\frac{1}{4}$  cup brown sugar, packed  
Mix and let stand 5-10 minutes.

### ADD:

2 cups warm water  
 $\frac{1}{4}$  cup packed brown sugar (or  $\frac{1}{4}$  cup honey;  $\frac{1}{4}$  cup molasses)  
4 cups white, all purpose flour  
4 teaspoons salt

Let rise about 30 minutes. Punch down and add:

1 cup hot water with  $\frac{1}{4}$  cup margarine melted in it  
7-8 cups unsifted whole wheat flour  
1 cup wheat germ

Knead for 10 minutes. Cover and let rise in warm place until doubled (about 1 to 1 $\frac{1}{2}$  hours). Shape into 3 loaves in 9x5 and  $\frac{1}{2}$  loaf pans. Let rise until doubled again. Bake at 375 degrees for 30-35 minutes.

## BANANA BREAD

$\frac{1}{2}$ cup shortening	3 or 4 ripe bananas, mashed
1 cup white sugar	2 cups plain flour
2 eggs	1 teaspoon soda dissolved in 2 teaspoons
1 teaspoon vanilla	hot water
$\frac{1}{4}$ cup chopped pecans or walnuts (black)	

Beat together well the shortening, sugar, eggs and vanilla. Add well-mashed bananas, flour, water and soda, and fold in nuts. Bake in greased loaf pan for one hour at 300 degrees. Delicious served slightly warm, spread with butter (real butter!).

## PUMPKIN BREAD

3 cups sugar	1 cup cooked, mashed pumpkin
1 cup cooking oil	$\frac{2}{3}$ cup water, with
4 eggs	2 teaspoons soda dissolved in it
1 teaspoon cinnamon	3 cups unsifted plain flour
1 teaspoon nutmeg	1 cup chopped nuts (optional)
1 $\frac{1}{2}$ teaspoon salt	

Mix sugar, oil, salt, spices, eggs, and beat thoroughly. Add the remaining ingredients. Grease and flour 3 one-pound coffee cans. Divide batter evenly and fill pans about  $\frac{3}{4}$  full. Bake 1 hour at 350 degrees. Will slide out easily when warm, or may be cooled in the can. Freezes well.



## BUCKWHEAT CAKES

2 cups buckwheat flour	1 cake or package yeast
$\frac{1}{2}$ cup plain flour	$1\frac{3}{4}$ cups lukewarm water
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ teaspoon soda
1 Tablespoon sugar	$\frac{1}{2}$ cup lukewarm water

Mix flours, salt and sugar. Add yeast dissolved in  $1\frac{3}{4}$  cups water, and stir. Allow to rise overnight. Before baking, add soda which has been mixed in  $\frac{1}{2}$  cup water, and stir only to mix. Bake on hot, well-greased griddle. Makes about 12 large pancakes.

## GINGERBREAD

$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	1 cup sifted plain flour
$\frac{1}{4}$ cup melted shortening	1 teaspoon ginger
$\frac{1}{2}$ cup buttermilk	2 teaspoons cinnamon
1 egg	$\frac{1}{2}$ teaspoon nutmeg

Mix ingredients in order given, sifting dry ingredients with flour. Bake in well-greased and floured pan in slow oven (300-325 degrees) until top of cake springs back to touch. Delicious with whipped cream or applesauce. This is real, old fashioned gingerbread.

## FEATHER CAKE

1 cup butter	1 cup cornstarch
2 cups white sugar	2 teaspoons baking powder
1 cup sweet milk	1 teaspoon salt
2 cups plain flour	Whites of 6 eggs

Cream butter and sugar. Sift dry ingredients together, then add alternately with milk, beginning and ending with dry. Flavor to taste (lemon is good, or vanilla if you prefer). Lastly, fold in egg whites which have been beaten until stiff. Bake in greased and floured 9-inch pans in 305 degree oven until cake tests done.

Frost with:

- Shredded or flaked coconut
- $2\frac{1}{4}$  cups white sugar
- 2 tablespoons white corn syrup
- 1 cup water
- 2 egg whites

Boil sugar, water and syrup until it forms a hard ball in cold water. Add gradually to stiffly-beaten egg whites. Beat until right consistency to spread. Spread over each layer, topping each with coconut.





## ICE BOX COOKIES

1 cup butter	1 cup chopped nuts
2 cups brown sugar	1 teaspoon vanilla
3 eggs	3½ cups flour
1 teaspoon soda	

Cream butter and sugar; add eggs, one at a time, beating well between eggs. Add flour, nuts and soda and vanilla and mix well. Form into two rolls and place in freezer on waxed paper to chill until firm. Cut in thin slices and bake in 375 degree oven until brown. (I usually use a lot flour to get the mixture thick enough to make into rolls).

Mrs. A.S. Cassel

## SUGAR COOKIES

2 cups sugar	3 tablespoons water
1 cup shortening	3 teaspoons baking powder
3 eggs, beaten till fluffy	1½ teaspoons allspice
Plain flour	

Cream shortening and sugar. Beat in whipped eggs, then water and spices. Sift one cup flour with baking powder and add; then add flour to mixture gradually, working in until dough is stiff enough to roll. Make a ball of dough and place on floured pastry board or cloth. Roll to ¼ inch thick with floured rolling pin. Cut into rounds, sift granulated sugar over each, and bake quickly at 425 degrees. (Note: Flour hands to make dough handling easier. This is a delicate dough and needs to be handled carefully.)

## OATMEAL COOKIES

½ cup sugar	1 teaspoon cloves
½ cup molasses	1 teaspoon soda
¾ cup melted shortening	2 cups plain flour
2 eggs	1 cup raisins
¼ cup sweet milk	2 cups old-fashioned oatmeal
2 teaspoons cinnamon	

Mix in order given. Sift soda and spices with flour before adding it. Drop by teaspoonfuls on greased cookie sheets. Bake in moderate oven (350 degrees) until lightly browned. Cool thoroughly and store in cookie jar--keeps well.

## SAUCEPAN BROWNIES

1 stick margarine	1 teaspoon baking powder
⅓ cup cocoa	1 teaspoon vanilla
1 cup sugar	2 eggs
½ cup plain flour	1 cup chopped nuts

Melt margarine and cocoa in large saucepan and stir until cocoa is completely dissolved. Add sugar, flour, baking powder and vanilla and mix well, then add beaten eggs and mix well. Stir in nuts. Pour in greased 8x8 pan and bake at 350 degrees for about 30 minutes.

Regina Church



## HEAVENLY BROWNIES

2 sticks margarine	4 tablespoons cocoa
2 cups sugar	2 cups chopped nuts
4 eggs	2 teaspoons vanilla
1½ cups self-rising flour	1 6-ounce package miniature marshmallows

Cream margarine and sugar. Sift and add dry ingredients. Add eggs, one at a time, beating well after each. Add nuts and vanilla. Bake 40 minutes at 325 degrees, in well-greased 9x13x2 pan. Immediately after removing from oven, cover with marshmallows, then frost with:

1 box 4x powdered sugar
4 tablespoons cocoa
½ cup evaporated milk
½ stick margarine

Mix well together and spread over marshmallows while hot.

Sam Cabe

## BROWN SUGAR POUND CAKE

2 sticks margarine	½ teaspoon baking powder
½ cup shortening	½ teaspoon salt
1 cup white sugar	1 teaspoon vanilla
1 pound box brown sugar	1 cup sweet milk
5 eggs	1 cup black walnuts, chopped
3 cups plain flour	

Cream sugar, margarine and shortening until fluffy. Add eggs one at a time, beating thoroughly after each. Sift dry ingredients together. Combine milk and vanilla. Add alternately, beginning and ending with flour mixture. Beat in nuts. Bake in greased tube pan for 1 hour and 20 minutes in a pre-heated 325 degree oven. Cool in inverted pan.

Sam Cabe

## BROWN MOUNTAIN CAKE

2 cups sugar	2 cups plain flour
¼ cup shortening	1 teaspoon soda
1 stick margarine	1 cup buttermilk
2 tablespoons cocoa	1 teaspoon salt
¼ cup water	1 teaspoon vanilla
3 eggs	

Cream butter, shortening and sugar until smooth. Add cocoa dissolved in water, then eggs, one at a time, beating well after each. Sift flour with soda and salt; add vanilla to milk. Add dry ingredients and milk mixture to batter alternately, beginning and ending with the dry. Bake in three 9-inch greased and floured pans at 350 degrees for 30 minutes. Frost with:

1 can sweetened condensed milk
2 sticks margarine
2 cups white sugar
1 teaspoon vanilla
Pecans

Mix milk, margarine, sugar and vanilla together and bring to a boil. Lower heat and simmer for 1 hour. Cool and put on cake and cover with chopped pecans.

Sam Cabe





## BROWN SUGAR PUDDING

1/2 cup sugar	1 cup sifted plain flour
2 tablespoons butter	1 teaspoon baking powder
1 cup milk	1/2 cup raisins
1 teaspoon salt	1/4 cup chopped nuts

### SAUCE

1 cup brown sugar (packed)
2 cups warm water
2 teaspoons butter
1 tablespoon cornstarch

Cream butter and sugar; sift dry ingredients and add alternately with milk to creamed ingredients. Blend well and mix in raisins and nuts. Set aside.

Make sauce by mixing cornstarch with sugar; add water and butter; bring to boil and cook 5 minutes over low heat. Pour sauce into buttered casserole; pour batter into the syrup. Bake at 350 degrees for one hour. This is a rich, "scrumptious" dessert.

## BROWN SUGAR PIE

1 cup brown sugar	1 tablespoon butter, melted
1 1/4 tablespoons flour	1/4 cup sweet milk
1 egg	1 teaspoon vanilla

Beat egg; mix in other ingredients. Bake in unbaked pie shell at 425 degrees for 10 minutes, then finish at 350 degrees, until knife blade inserted in middle comes out clean.

## VINEGAR PIE

1 cup sugar	1 cup water
2 eggs	Small lump of butter
2 tablespoons flour or cornstarch	1/4 teaspoon lemon flavoring
2 tablespoons vinegar	

Combine sugar, eggs, vinegar, flour and water in a double boiler. Cook until thick and smooth, stirring occasionally. Before removing from heat stir in butter and flavoring. Pour into unbaked pie shell. This pie may be topped with a meringue, or with whipped cream if desired.

Ruth Gentle



## TOWN FOLK'S PIE

3 cups peeled, diced fruit of your choice  
(cherries, apples, peaches, blueberries,  
strawberries)  
 $\frac{1}{3}$  cup and  $\frac{1}{4}$  cup sugar  
2 tablespoons flour  
2 teaspoons grated lemon rind  
 $\frac{1}{8}$  teaspoon cinnamon  
6 ounces cream cheese, softened  
2 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup sour cream  
3 eggs, separated  
1 9-inch, chilled, unbaked pie shell

Put fruit,  $\frac{1}{3}$  cup sugar, 1 tablespoon flour, 1 teaspoon lemon rind, and cinnamon in small saucepan. Heat, stirring, until sugar is dissolved. Simmer about 5 minutes, or until fruit is barely tender. Cool. Beat together cream cheese, remaining juice, flour, sugar and rind, salt, cream and egg yolks. Beat egg whites until stiff and fold into cheese mixture. Put fruit mixture in bottom of pie shell; top with cheese mixture. Bake until lightly browned and set, at 375 degrees (about 45 minutes).

## SLICED SWEET POTATO PIE

Scrub sweet potatoes, cut off ends, boil in water to cover until tender. Cool, peel, and slice lengthwise. Make up pastry for two crust pie; cover bottom and sides of 9x13 pan with crust. Arrange sliced sweet potatoes in pan; dot generously with butter and sugar, with a little cinnamon or nutmeg sprinkled over. Place top crust over pie, making slits for steam to escape. Pour scalded milk (about 2 cups for this size pie) over pie. Bake at 350 degrees until brown and bubbly.

## "REAL" BANANA PUDDING

1 cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ cup plain flour	$\frac{1}{4}$ cup sugar
1 cup milk	3 egg whites, beaten stiff
3 egg yellows, beaten	Bananas as desired (3-4)
Vanilla wafers	

Combine sugar and flour in top of double boiler, then add beaten egg yolks and milk. Cook and stir until custard thickens. Add vanilla.

In casserole, make first layer vanilla wafers, then half the bananas, sliced; then half the custard. Repeat layers. Spread meringue of beaten egg whites and  $\frac{1}{4}$  cup sugar, on top of pudding and brown in 325 degree oven for about 15 minutes.



## A COOKIE TO GO WITH TEA

16 ounces cream cheese,  
softened  
2 large eggs  
1 tablespoon milk  
1 tablespoon lemon juice

1 teaspoon vanilla  
1 stick plus 2 tablespoons butter  
1 cup packed light-brown sugar  
2 cups sifted plain flour  
1 cup chopped nuts

Beat together cheese, eggs, milk, lemon juice and vanilla until well blended, set aside. In medium saucepan melt butter; take off heat and work in flour, then nuts, using your hand if necessary. Lightly spoon enough of flour mixture into 1-cup measure to fill; set aside. Press remainder of flour mix over bottom of 9-inch square pan. Bake in preheated 350 degree oven until slightly brown around edges (about 12 minutes). Spread cream cheese mixture over this crust; sprinkle with reserved flour mixture and continue baking for 25 minutes. Cool and cut into bars.

## SWEET POTATO CASSEROLE WITH CRUNCHY TOPPING

3 cups mashed sweet potatoes  
(one no. 2½ can may be used)  
1 cup white sugar  
½ stick margarine, melted  
2 beaten eggs

1 teaspoon butter flavoring  
1 teaspoon sherry flavoring  
(optional)  
½ cup evaporated milk  
(undiluted)

Combine sweet potatoes, sugar, salt, margarine, milk, flavoring and eggs; turn into a greased baking dish. Sprinkle with this topping;

Blend together

1 cup brown sugar  
½ cup flour

½ stick margarine  
1 cup chopped nuts

Bake 30-35 minutes in a 350 degree oven.

Laura Pearson







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